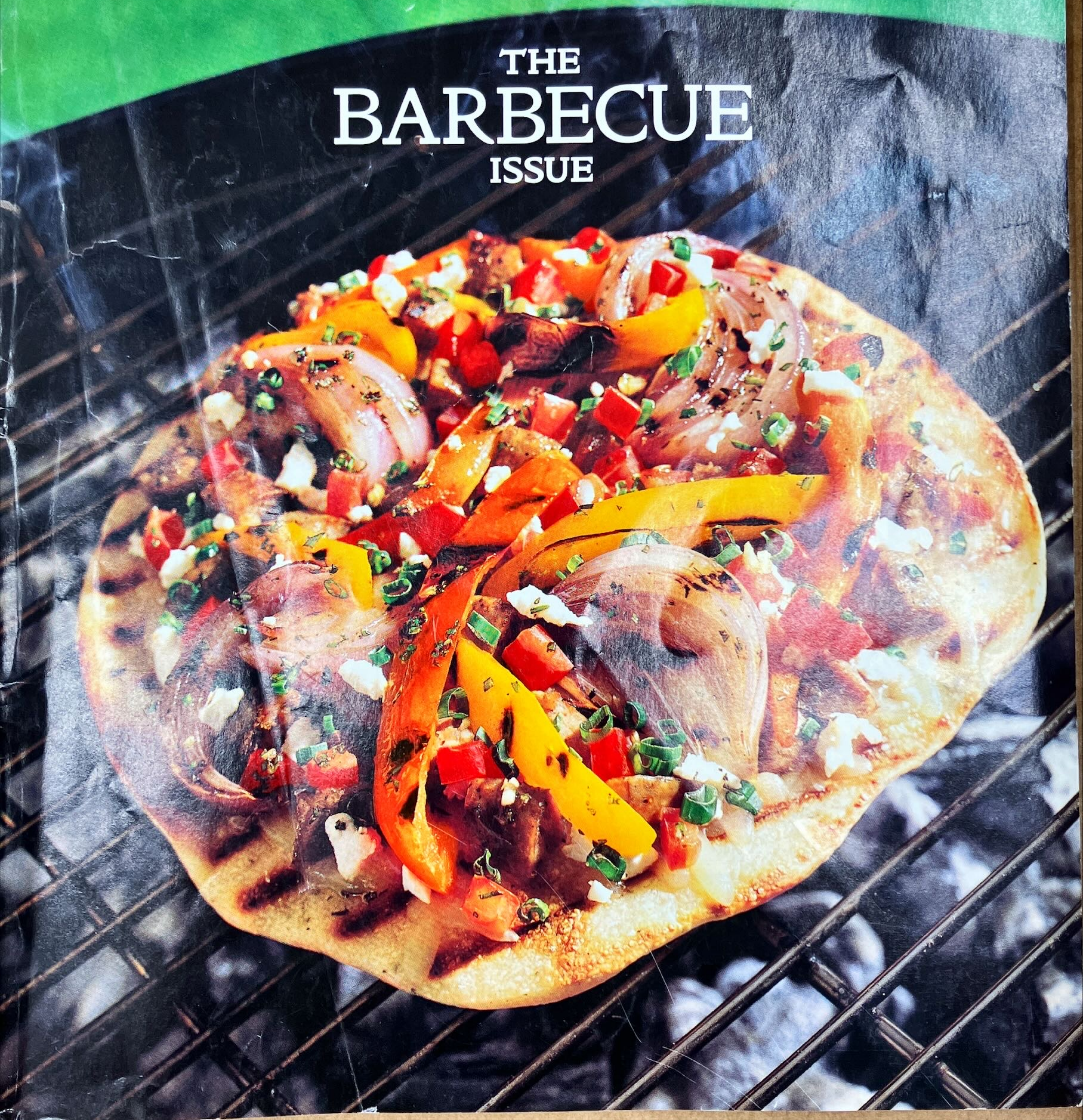
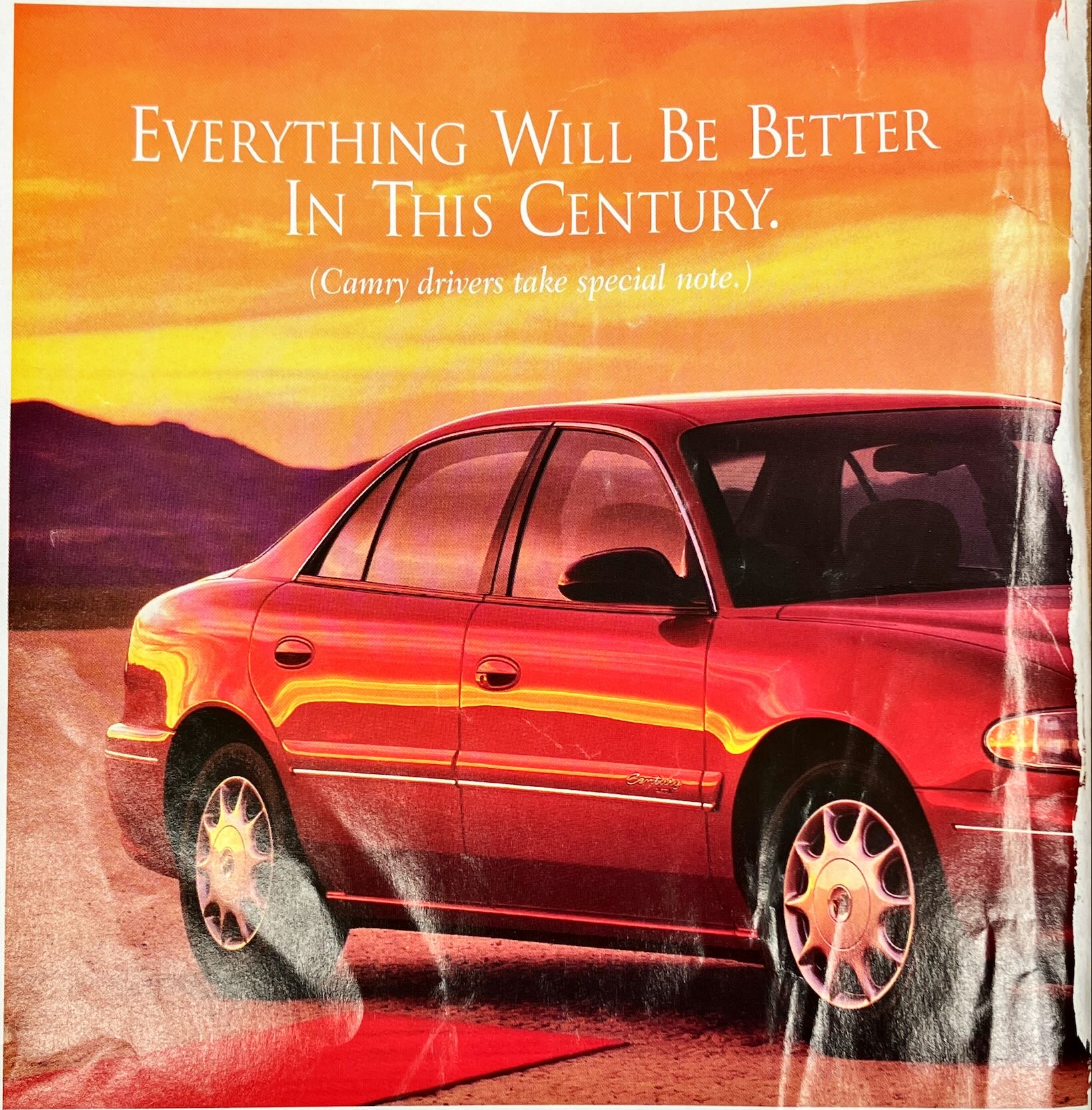
BON APPÉTIT

JULY 1997 $2.95 AMERICA'S FOOD AND ENTERTAINING MAGAZINE

THE BARBECUE ISSUE




EVERYTHING WILL BE BETTER IN THIS CENTURY.
(Camry drivers take special note.)
Century

Seating for Six

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Dual Zone Climate Control

Battery Rundown Protection

Air Filtration System

®©1997 GM Corp. All rights reserved. Century is a registered trademark of GM Corp. Always wear safety belts, even with air bags.
*Maintenance needs vary with different uses and driving conditions. See Owner's Manual for details. **Mid-size car class as defined by U.S. EPA Interior Volume Index.
†MSRP including dealer prep and destination charge. Tax, license and optional equipment additional. MSRP slightly higher in CA, WA, OR and ID. Competitive MSRPs as reported Feb. 1997.

INTRODUCING THE ALL-NEW CENTURY BY BUICK.

Taurus and Accord drivers, you might want to take note too. Because this Century is vastly different from the last — redesigned from top to bottom, bumper to bumper and every place in between. Its 3100 V6 can go 100,000 miles* without a tune-up. And it's filled with so many luxurious touches like remote keyless entry, dual zone climate control and an air filtration system that removes most allergy-causing pollens. Hey, the new Century is so bright, it even turns its own lights on and off.

	Buick Century Custom	Camry LE V6	Taurus GL V6	Accord LX V6
EPA Interior Room (cu ft)	118.5	111.0	116.8	107.7
Dual Zone Climate Control	Incl.	N/A	N/A	N/A
Remote Keyless Entry	Std.	Opt.	Opt.	Opt.
Air Filtration	Std.	N/A	Incl.	N/A
Price	$19,368	$22,588	$19,825	$22,895

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An advanced system of sound barriers makes the new Century remarkably quiet. A trait which has been winning it accolades from the press and passengers alike. And one last point, because we're serious about changing what you park in your garage, we gave this Century something else you'll like: a surprisingly down-to-earth price — very well equipped for under $19,400.† To find out more, visit our Web site at www.century.buick.com or call 1-800-4A-BUICK.

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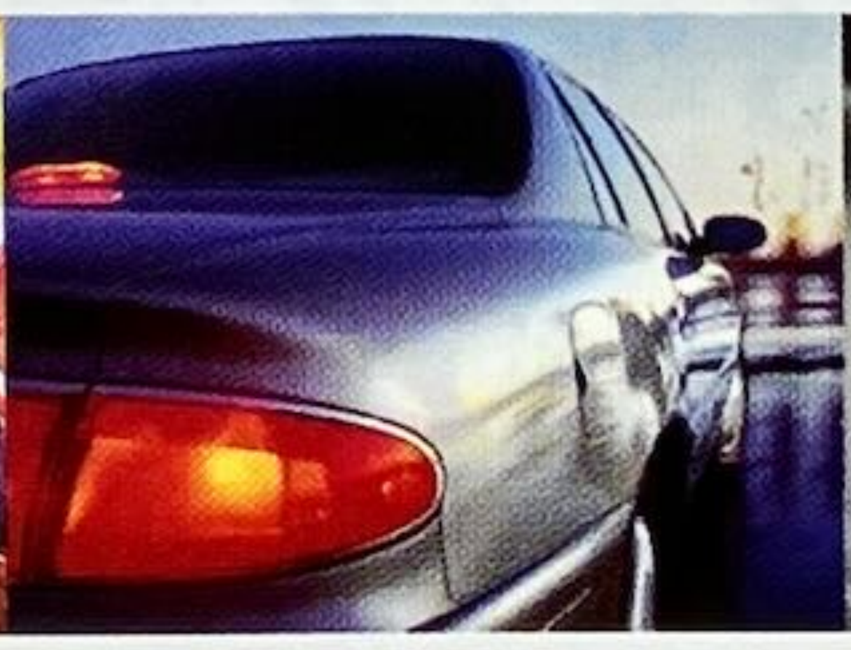
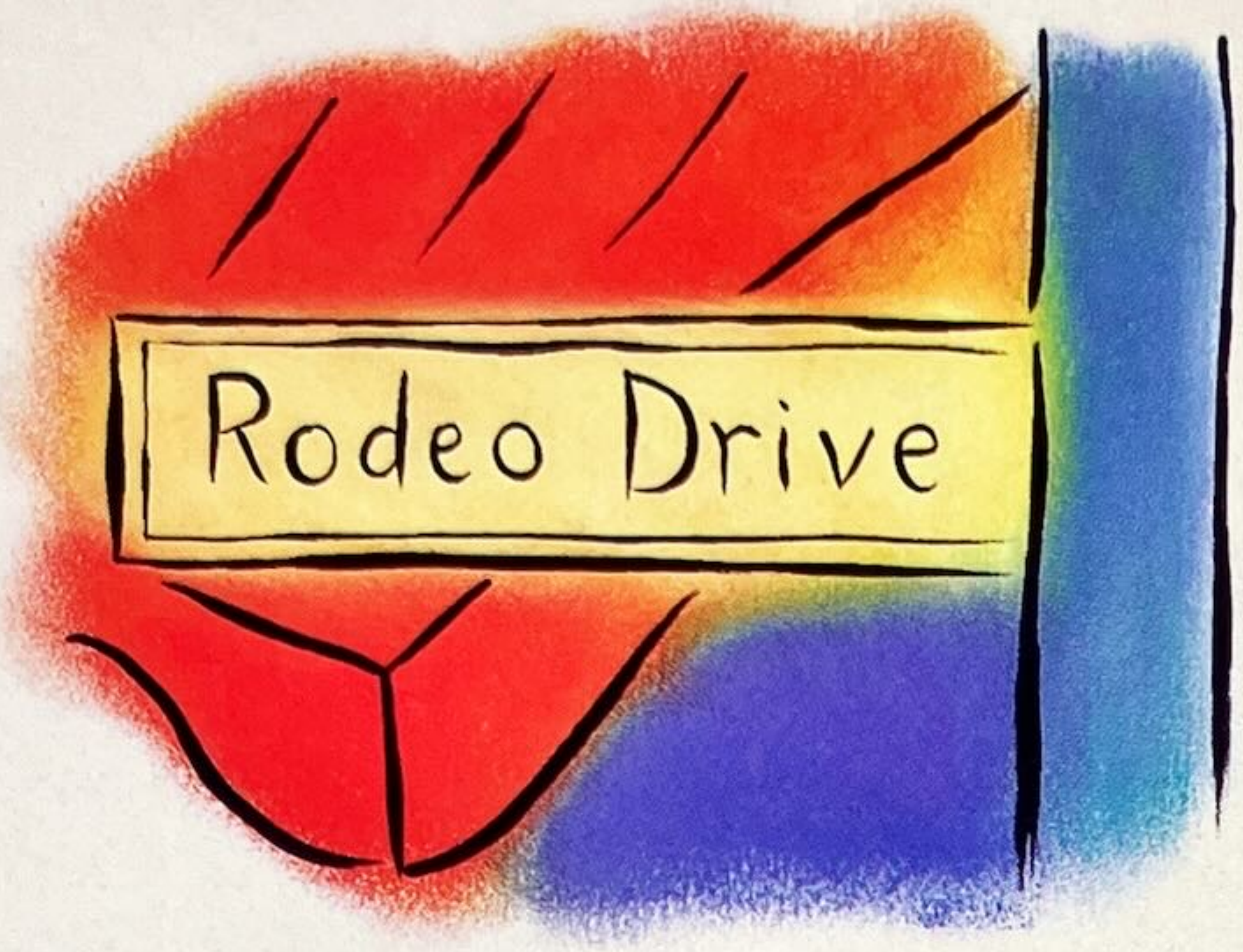

Four-Wheel Anti-Lock Brakes

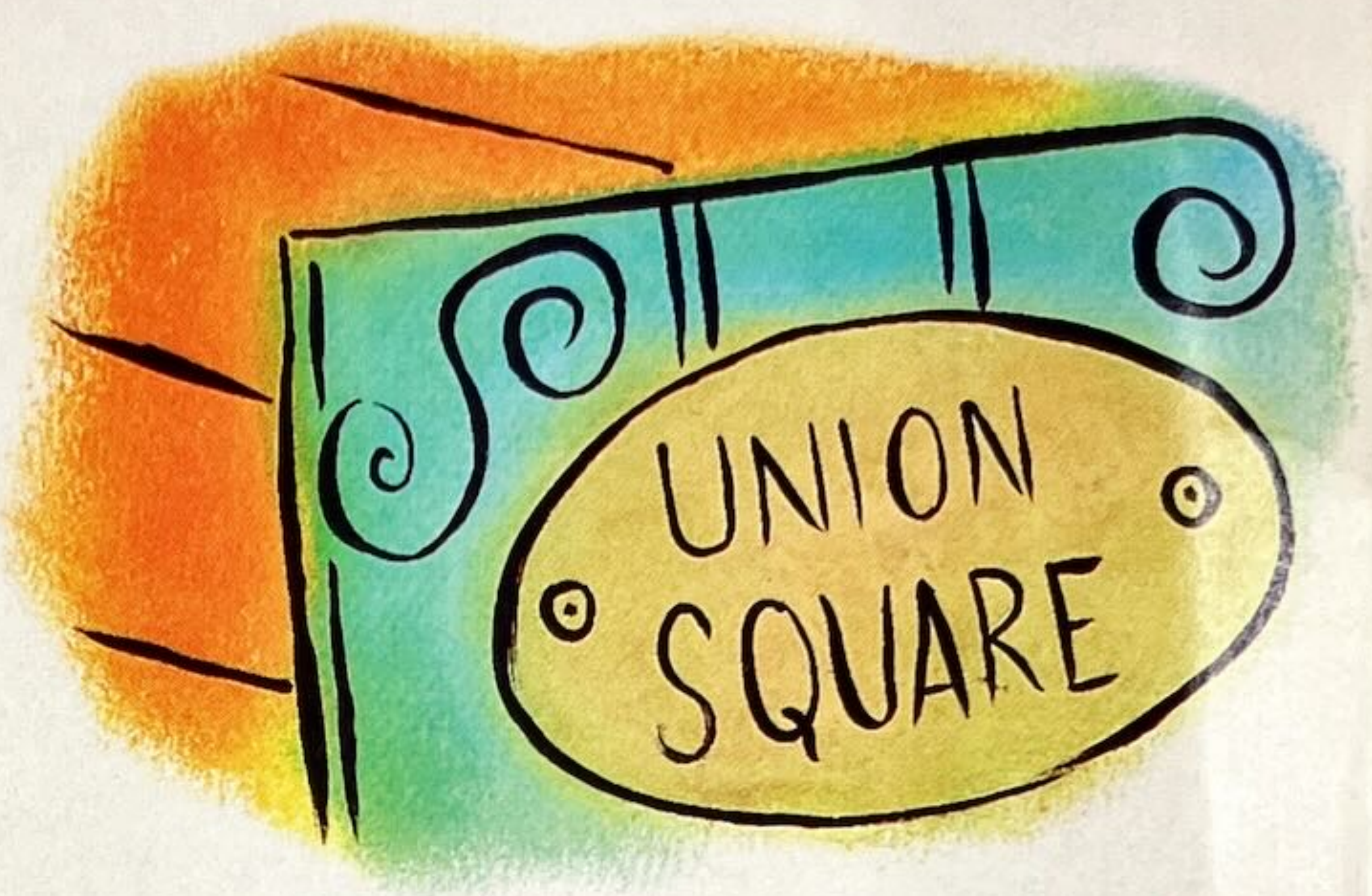
Remote Keyless Entry

Very Well Equipped For Under $19,400.

By Buick


Rodeo Drive

Rodeo Drive in Beverly Hills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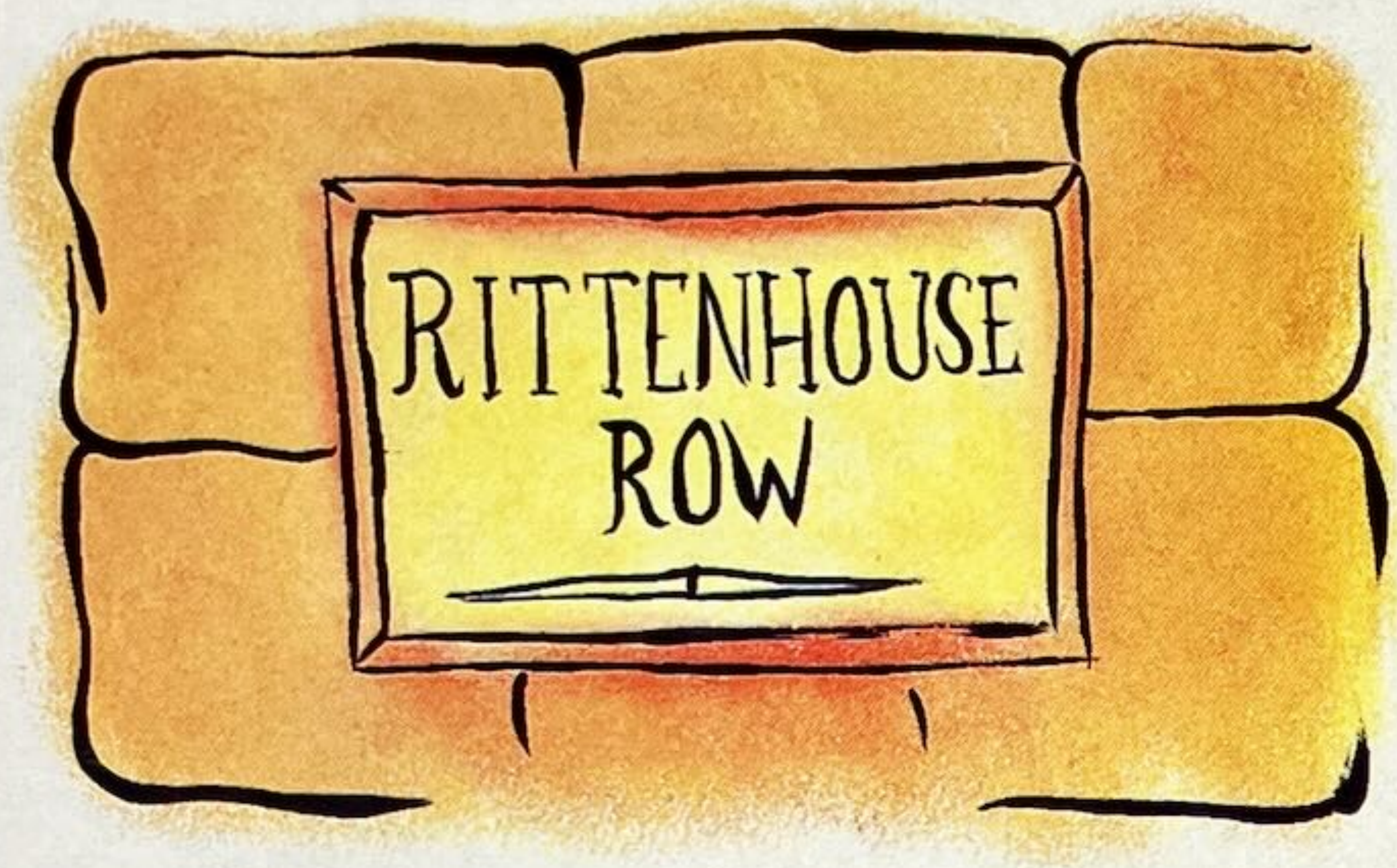
San Francisco featuring Union Square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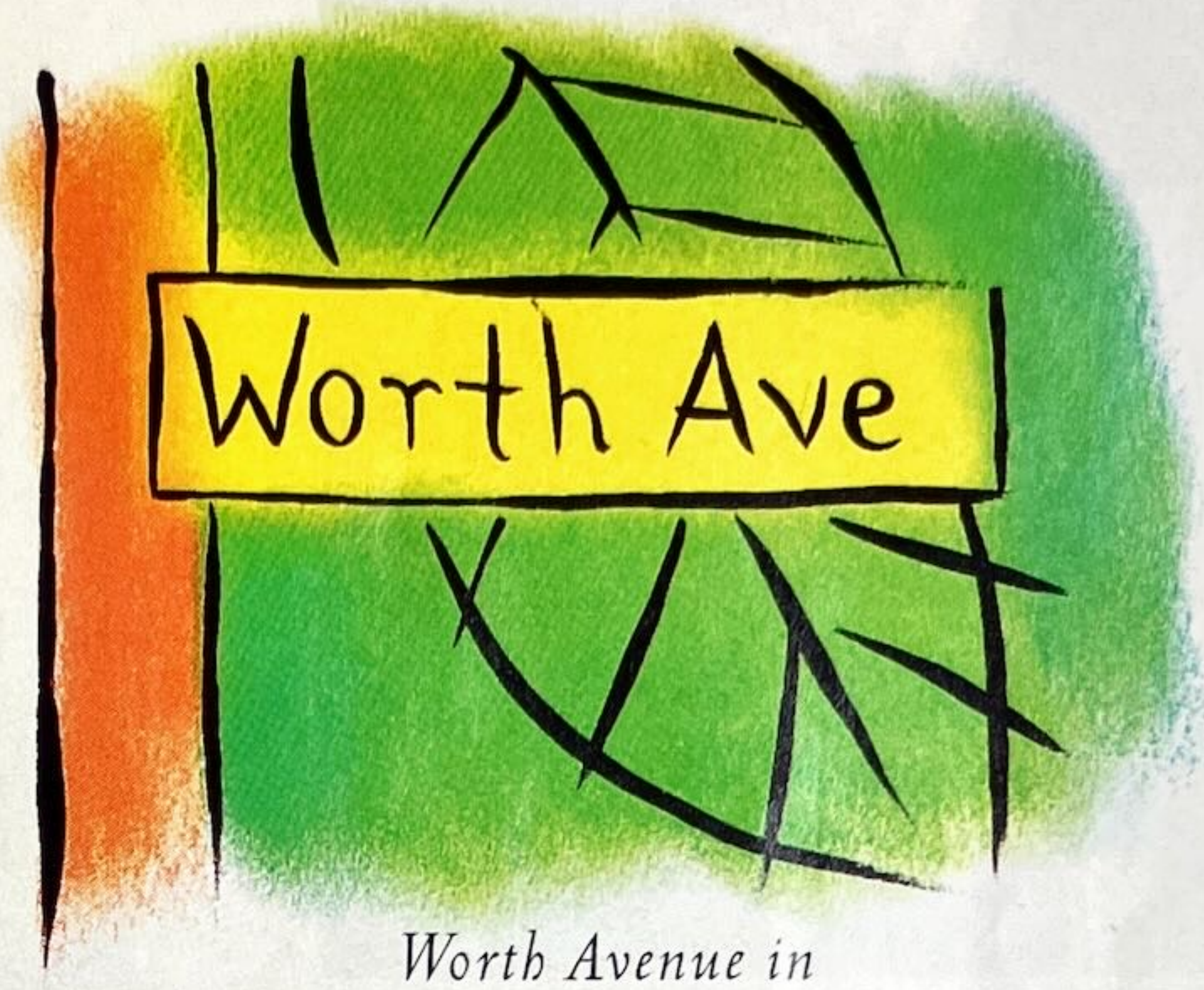

Worth Avenue in Palm Beach

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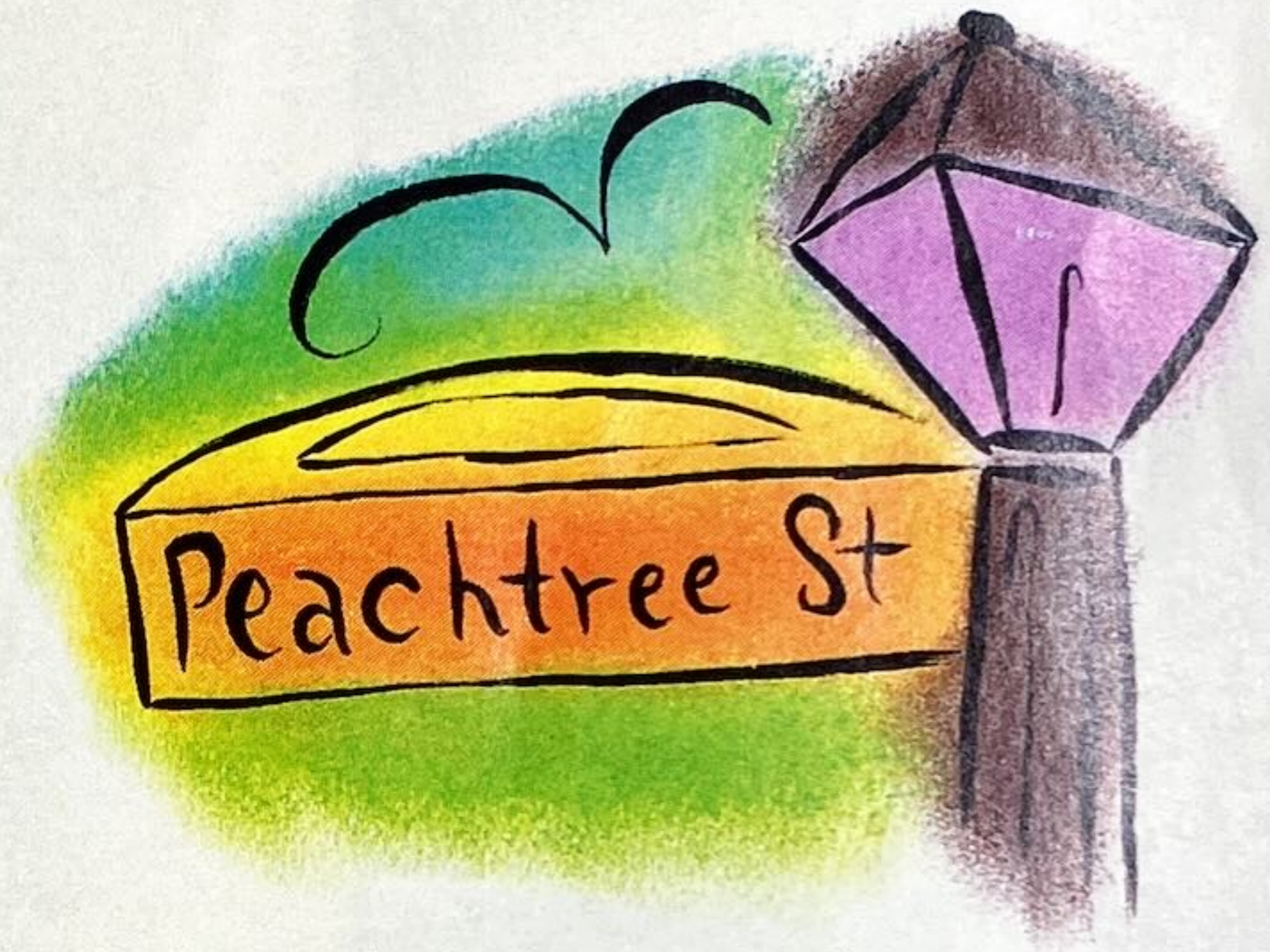
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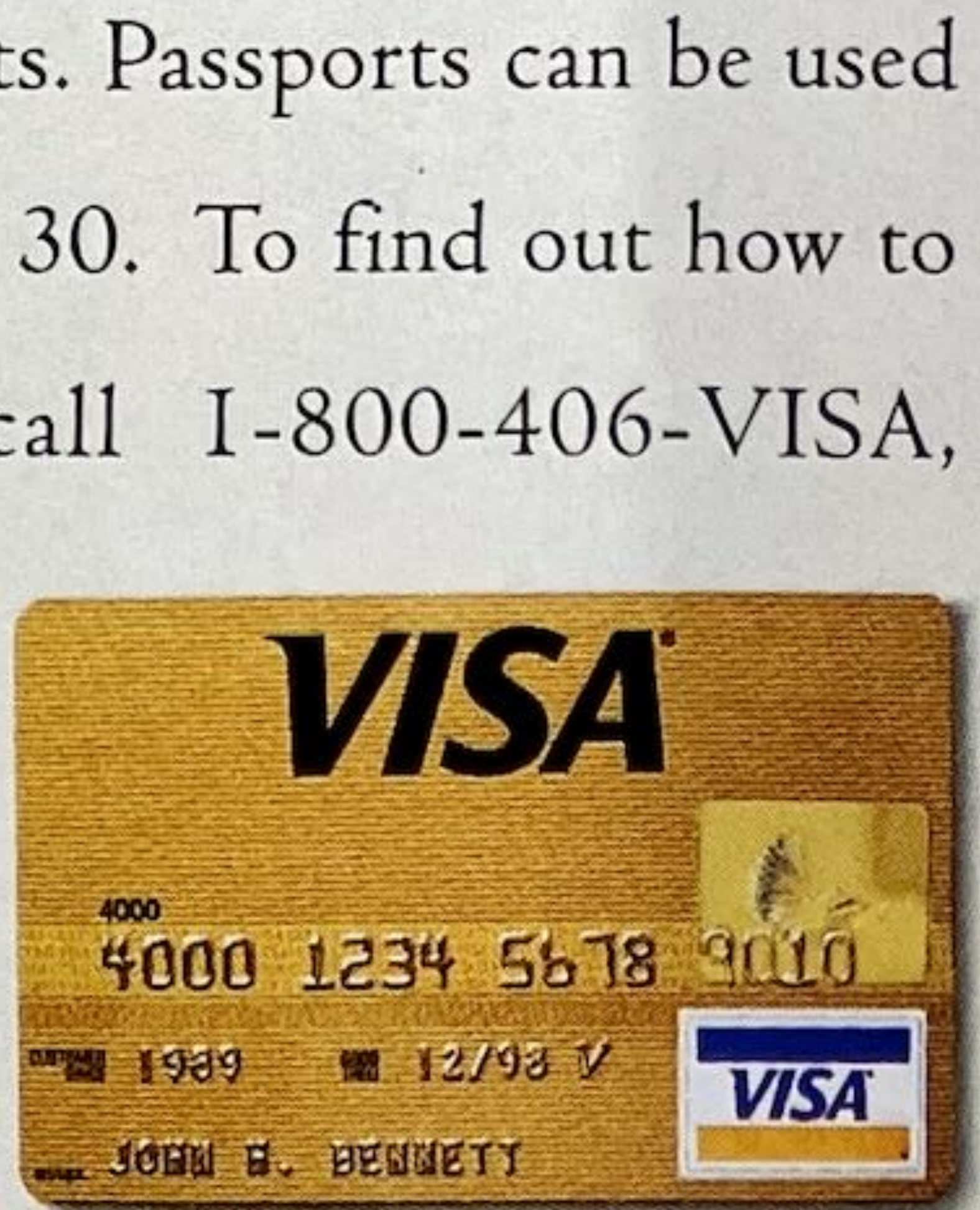
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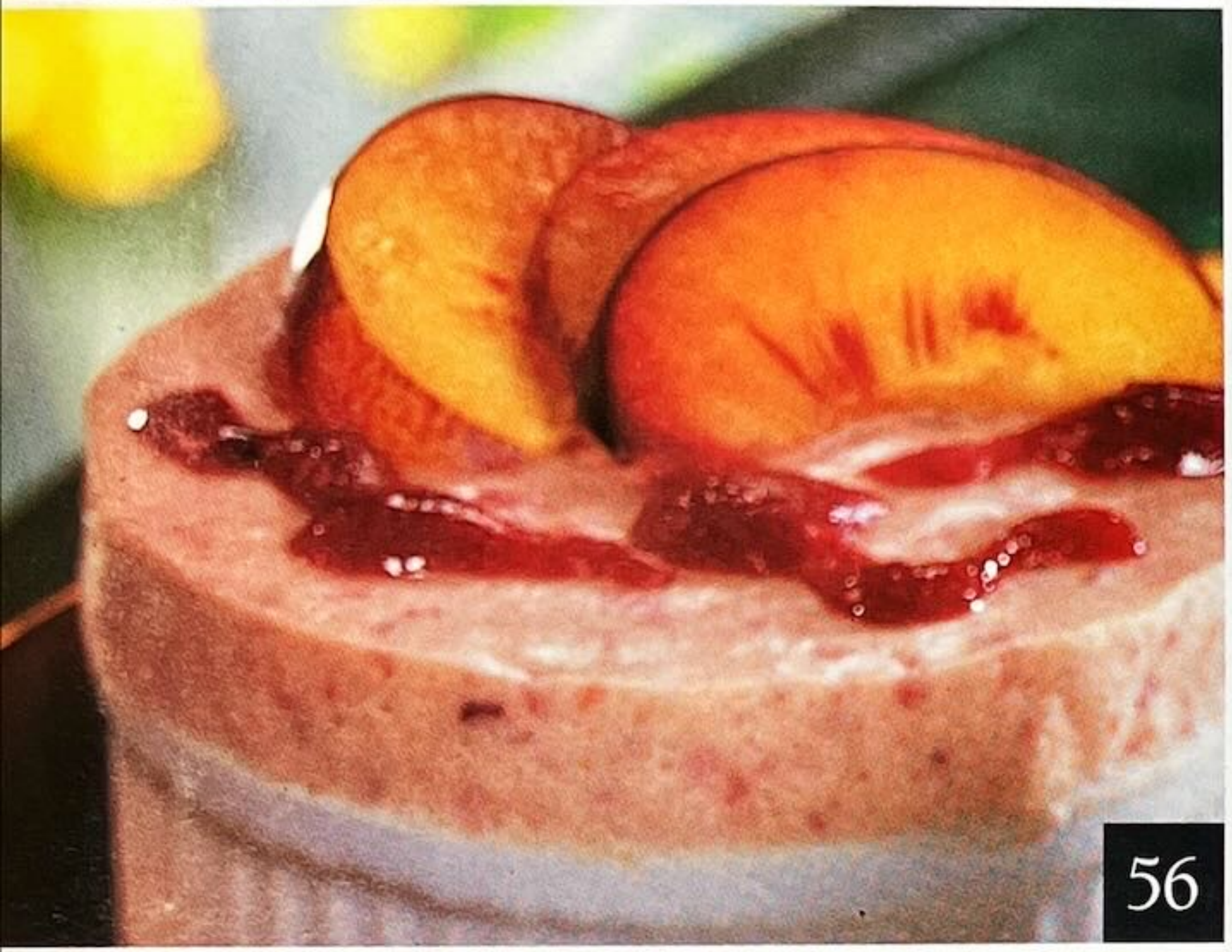

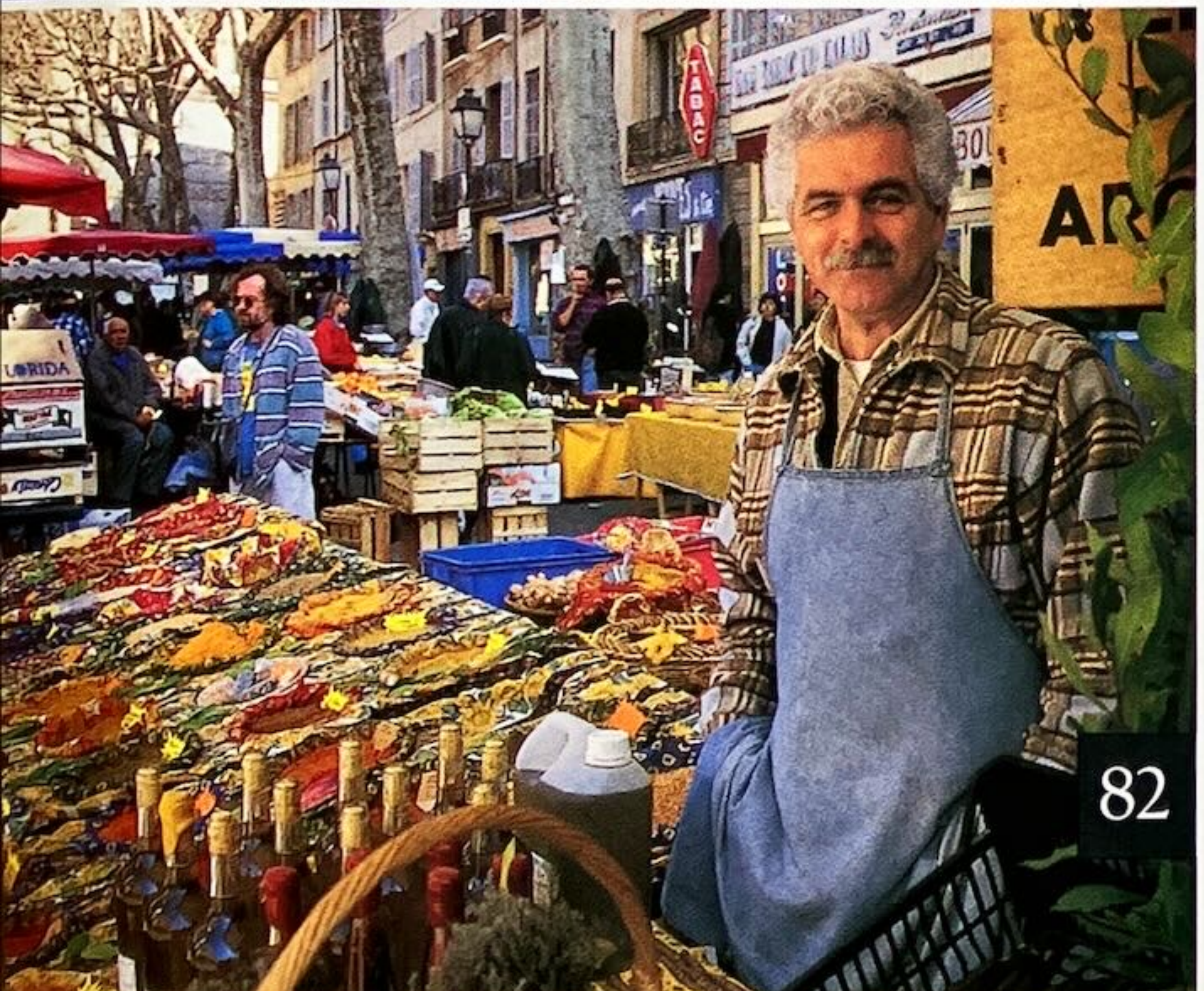

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In Santa Fe, known as "The City Different," this six-year-old restaurant turns out multicultural cuisine that sets it apart.

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Grilled rosemary-crusted pizza with sausage, bell peppers, onions and cheese from "Cooking Class" (page 96).

Photography by Brian Leatart; food styled by Lane Crowther.

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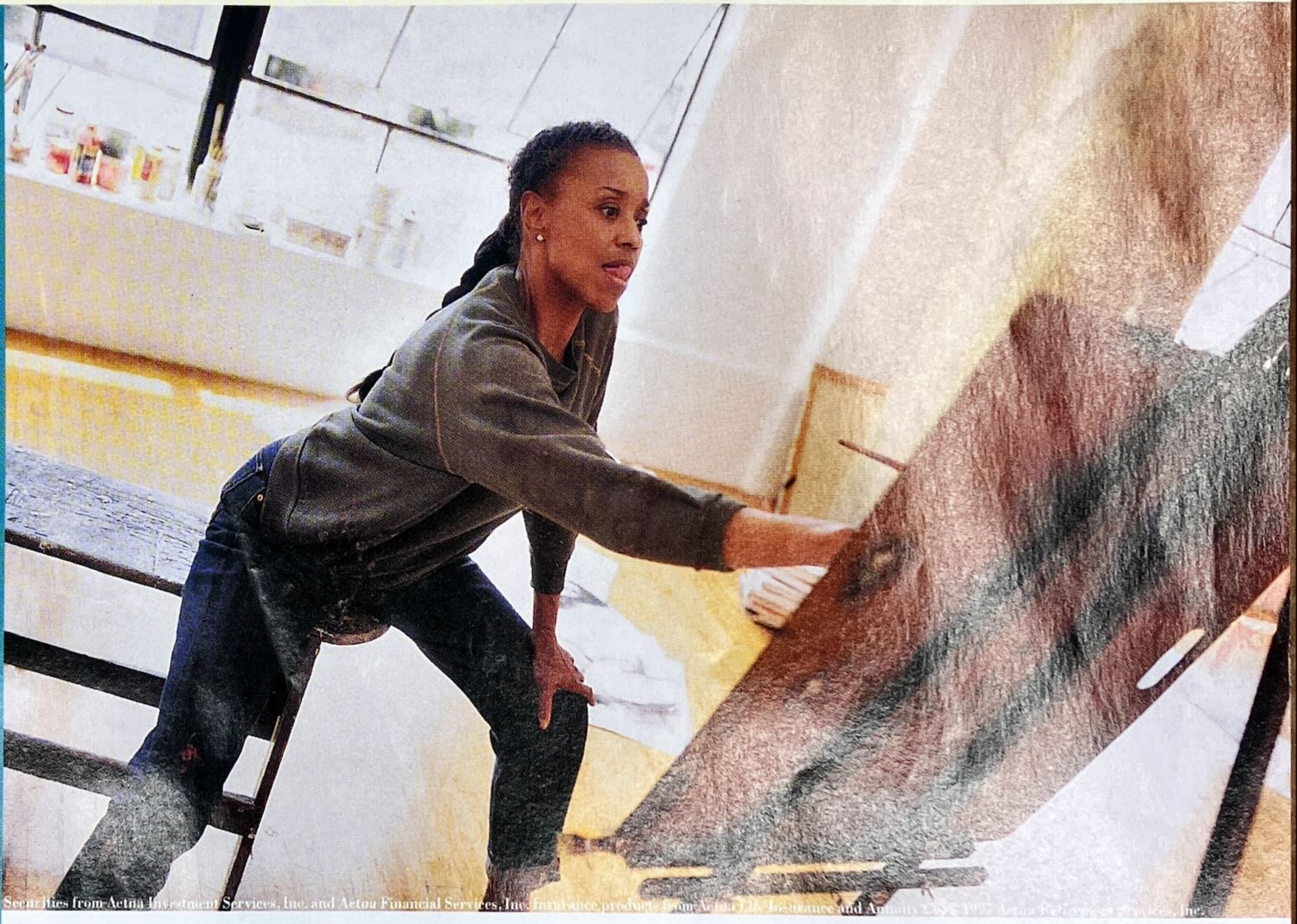

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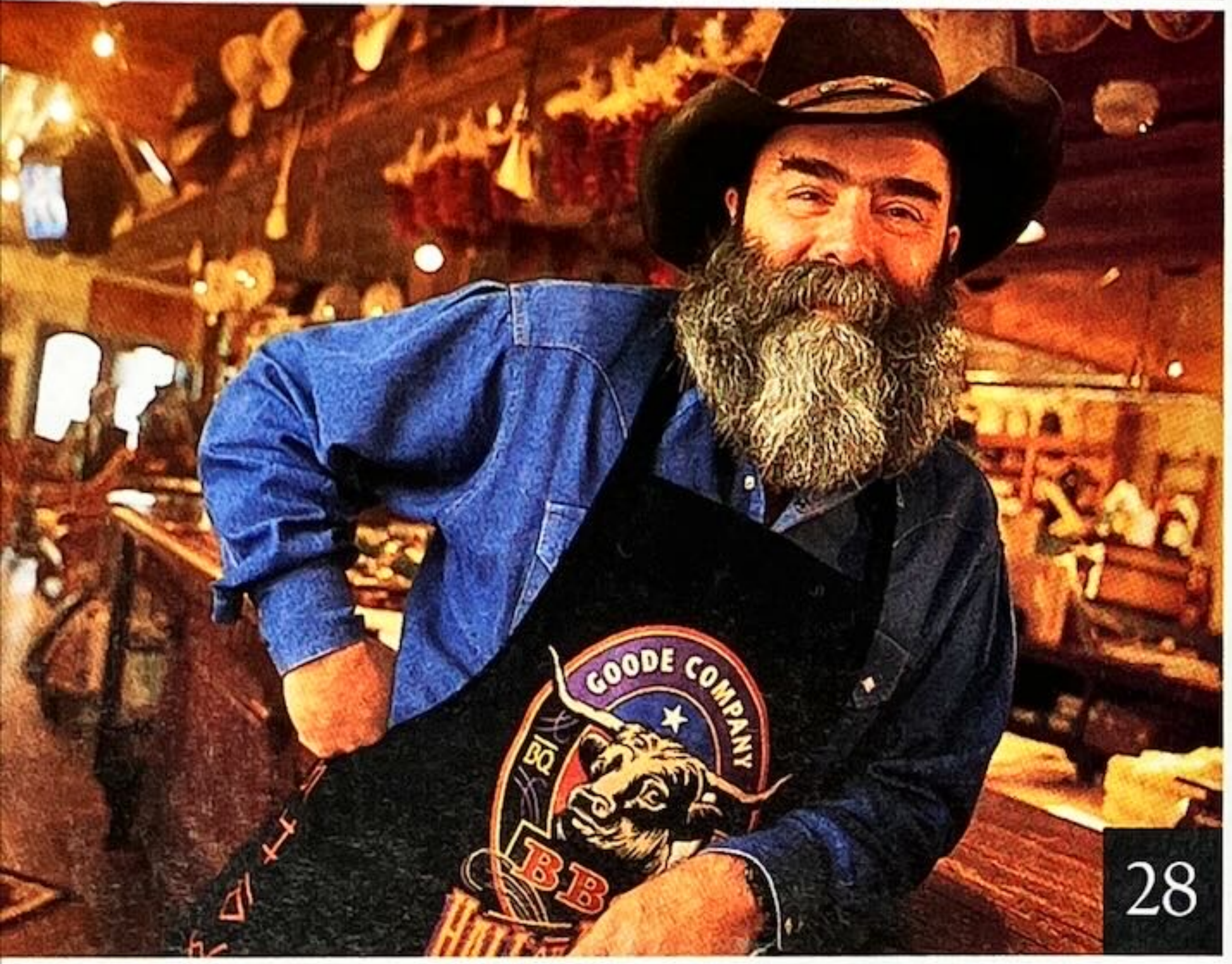

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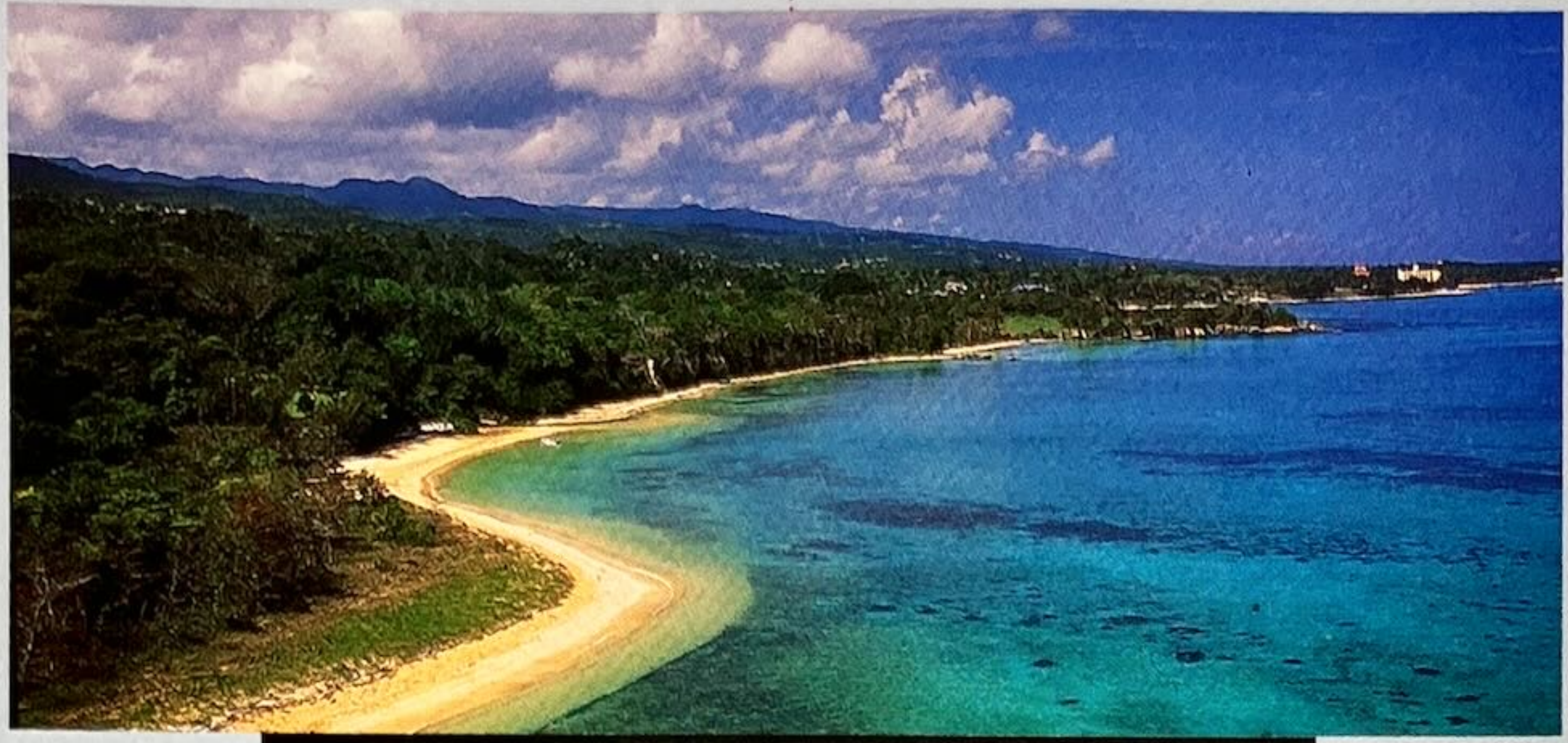

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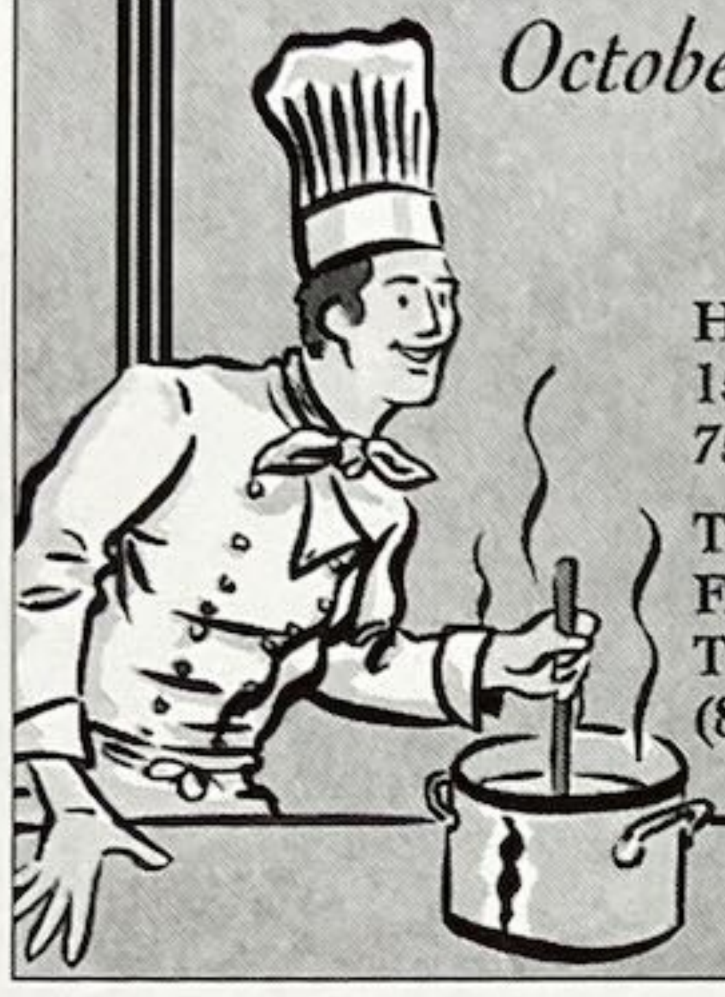

"I used to know a clever toast,
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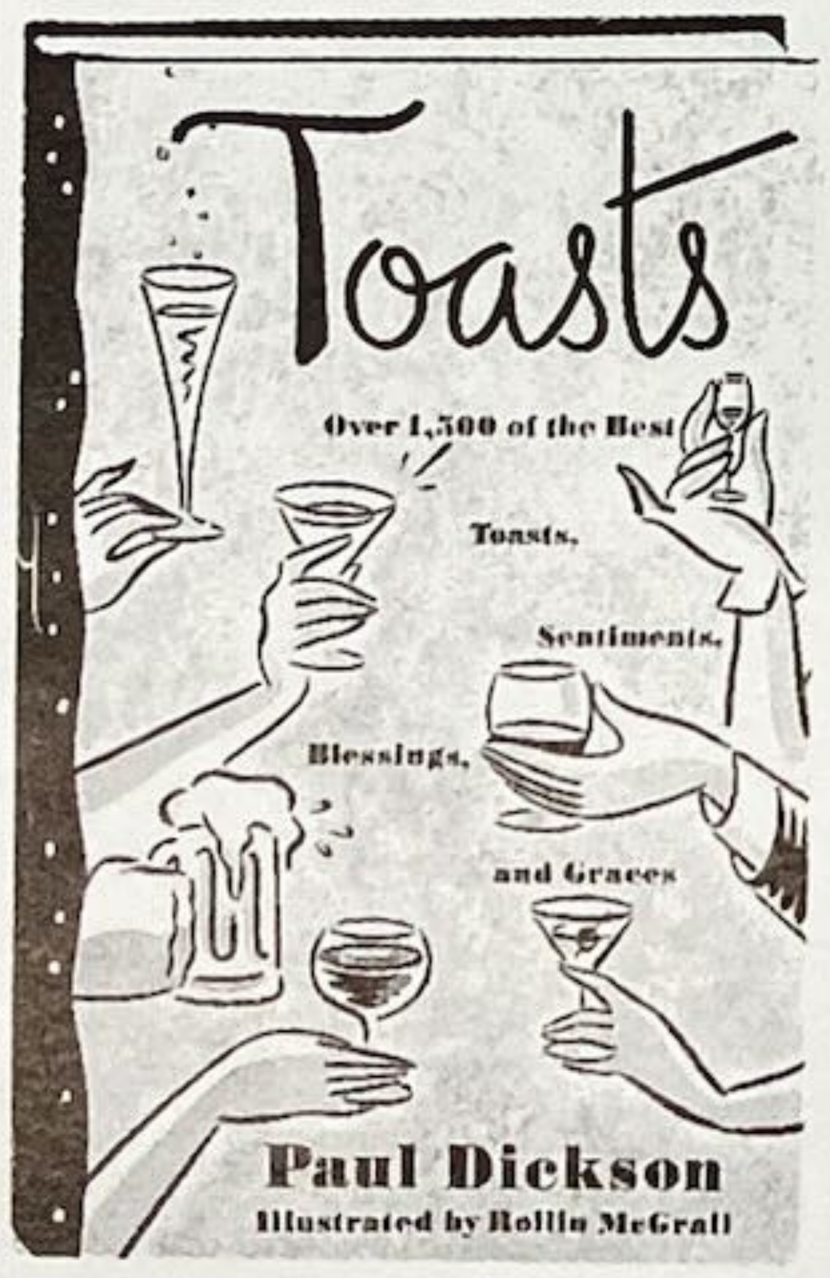
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NOTES AND NOTIONS ABOUT SOME OF THE PEOPLE WHO HELPED PUT TOGETHER THIS ISSUE

E.C.K. Read

The author of this month's treatise on that most American of condiments, ketchup, is a veteran newspaper and magazine writer who got his start in the business "fifty-some-odd years ago as a screenwriter for MGM. Back then, I used to put ketchup on everything, even baked beans." Read's ketchup consumption is more restrained these days, though he admits to sampling the "little packets I picked up at different hamburger emporiums—in the name of honest research."
(FLAVORS OF THE WORLD, PAGE 38)

Mark Thomas

This New York-based photographer commutes between his Manhattan studio and a big timber-frame house he built himself in Westchester County. The home has walls of windows that look out over six wooded acres and fill the house with light. "It's the perfect second studio," he says.
(GREAT GRILL MENUS, PAGE 48)

Bettie Bearden Pardee

A contributing editor to *Bon Appétit,* Pardee is the host of "The Presidential Palate: Entertaining at the White House," a PBS series that combines cooking demonstrations with ideas for entertaining. She lives with her husband and her cat in Newport, Rhode Island.
(A BIG BARBECUE BY THE LAKE, PAGE 68)

Heidi Yorkshire

Yorkshire, who specializes in food and travel, is also "a writer who's interested in wine, not a wine expert." She has already published one book on the subject, *Wine Savvy* (Duplex Media, 1994); *Wine Savvy International: A Global Guide to Wine* (Duplex Media) will be available in October. "I love opening doors for people," she says. This month she opens some for travelers (and wine lovers) heading to upstate New York.
(DOWNTIME IN UPSTATE NEW YORK, PAGE 76)

Mary Alice Kellogg

A recipient of the prestigious Lowell Thomas Travel Journalism Award, Kellogg has reported from more than 75 countries during her 20 years as a writer. For *Bon Appétit,* she has covered Canada, Austria and France. This month she ventures with fork in hand into the American Southwest, where, as it happens, she grew up.
(INN OF THE ANASAZI, PAGE 90)

Gregg Stebben

Researching *A Man's Life* (HarperCollins, 1996) proved costly for Stebben: He racked up $700 in fines at his local library while working on this "450-page tongue-in-cheek reference book for men, covering everything from how to skin a bear to how to land a 747." Stebben and co-author Denis Boyles were back among the stacks for the second title in the series, *The Lost Lore of A Man's Life* (HarperCollins). Published last month, it is, Stebben says, "a collection of excerpts from really cool how-to books from the turn of the century."
(FEEDBACK, PAGE 114)

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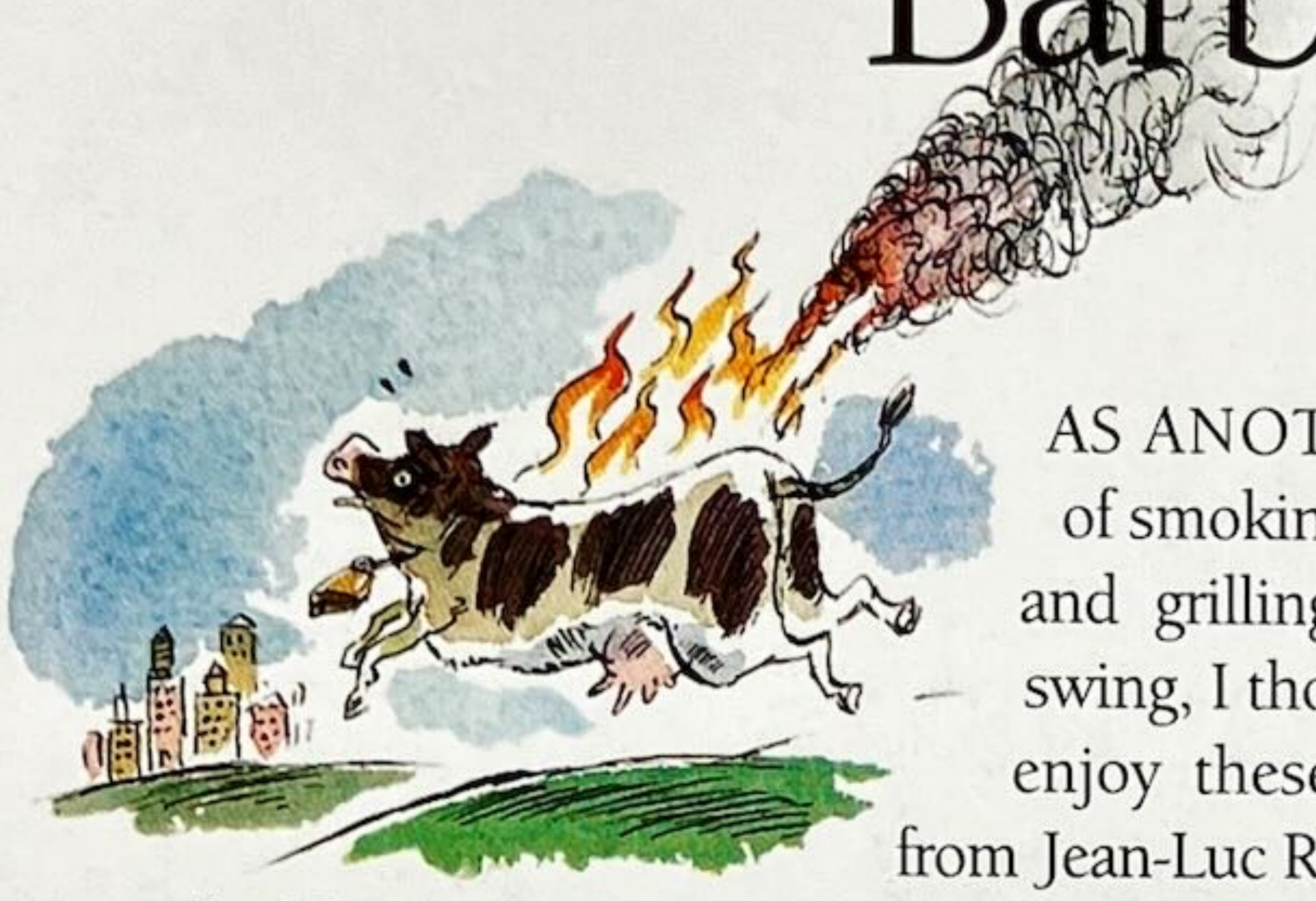
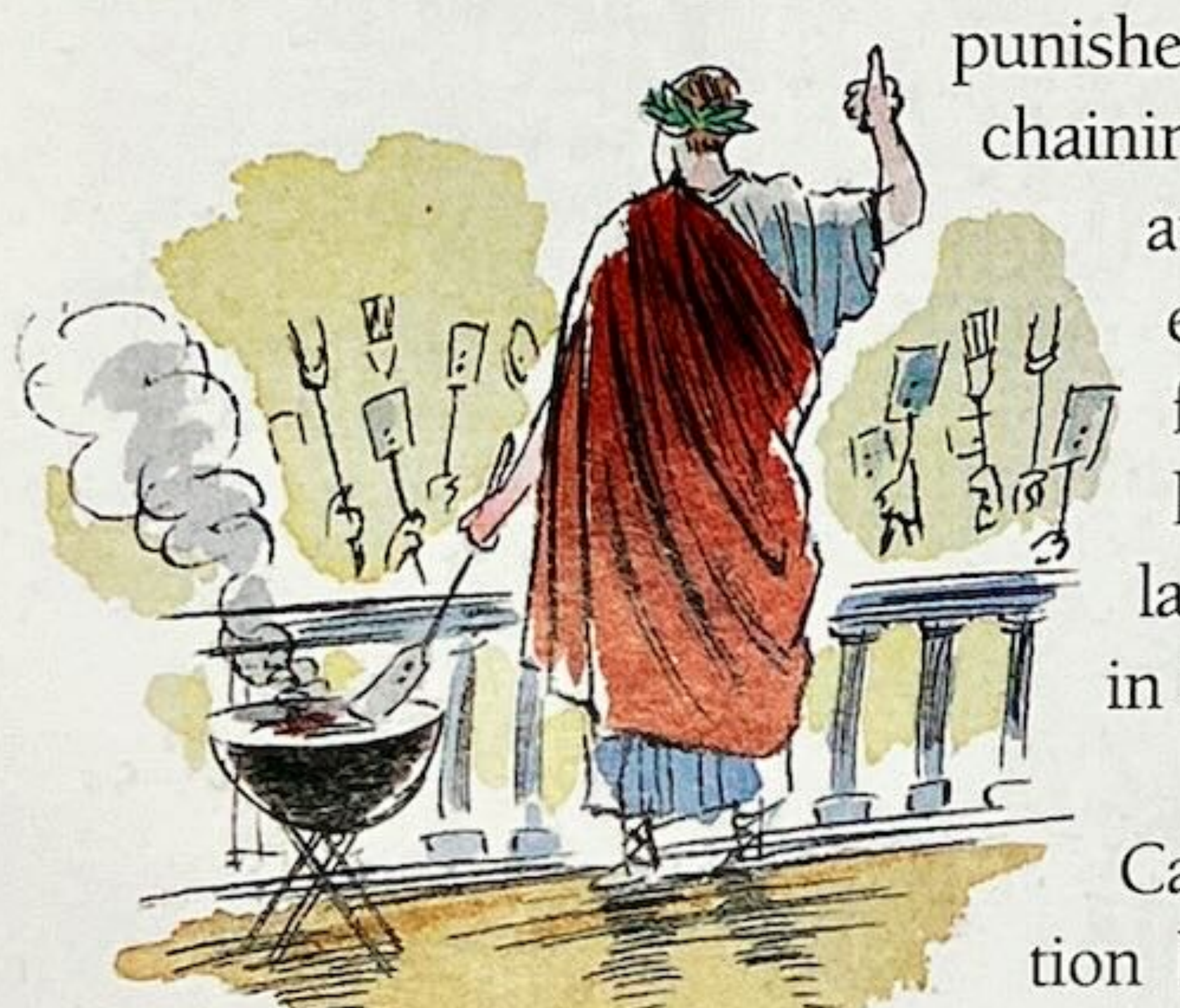
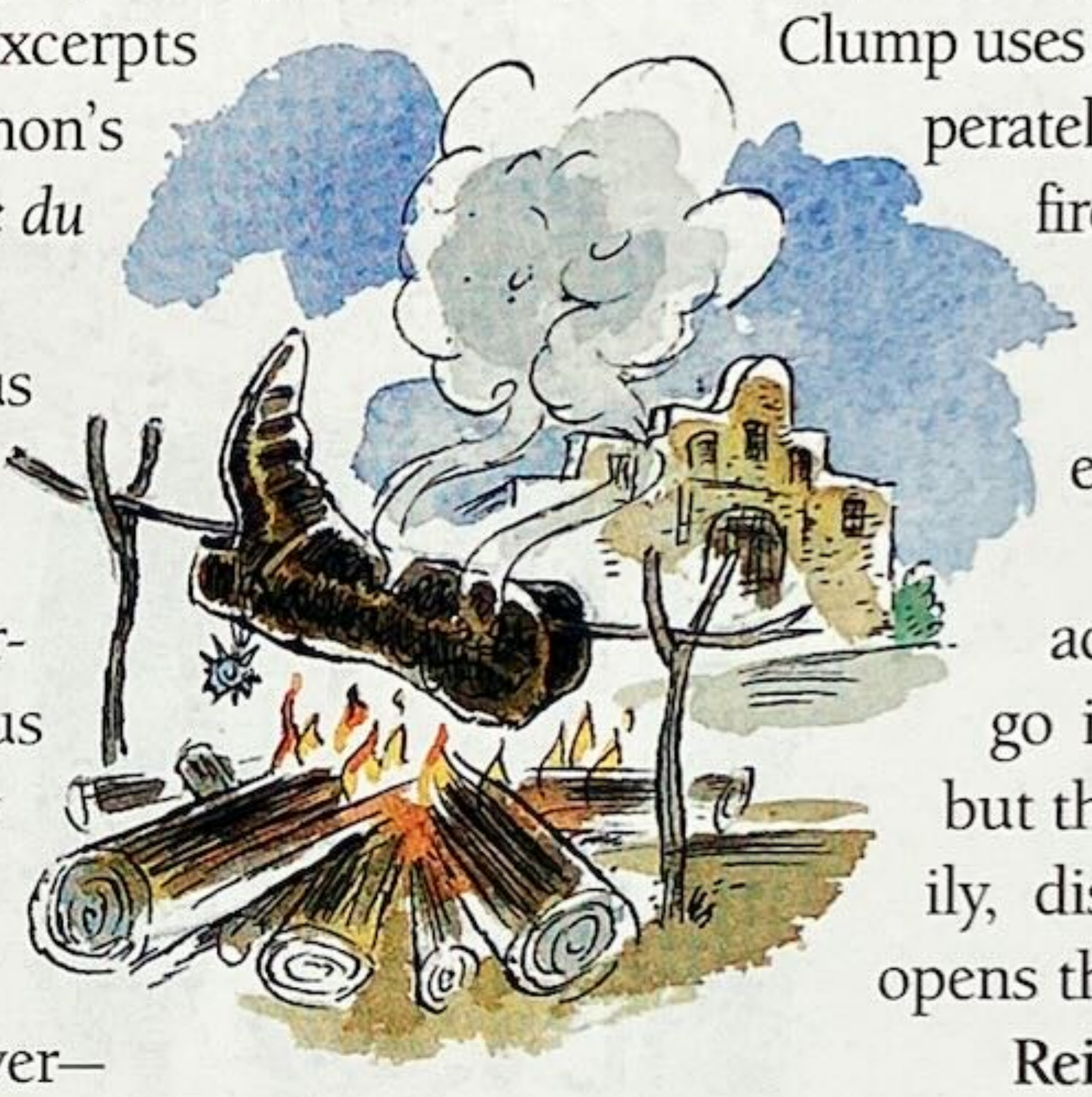
Great Moments in Barbecue History



AS ANOTHER SEASON of smoking, slow-cooking and grilling gets into full swing, I thought you might enjoy these excerpts from Jean-Luc Rognon's wonderful 37-volume treatise on the art, *L'Histoire du BBQ*, freely translated by *moi*.

Greece, circa The Dawn of Time: Prometheus steals fire from heaven and gives it to man. Man immediately digs a pit and slow-cooks a fatted calf; the result is so good that Prometheus is worshiped as the god of barbecue. However, Zeus punishes Prometheus by chaining him to a rock and having an eagle eat his liver—for all eternity. That is why liver has never been a popular grill item—except, of course, in England.





Rome, 27 B.C.: Augustus Caesar celebrates his coronation by grilling a thousand oxen outside the Temple of Jupiter and inviting the whole town to the party. The Vestal Virgins divide up the cooking chores, and each makes a different sauce; thus the barbecue cook-off is born. Afterward, everyone is so full that warfare is impossible for at least a hundred years, so the Pax Romana begins.

Central Asia, A.D. 1275: On his way to visit Kublai Khan and explore Cathay, Marco Polo is captured by a tribal chieftain and ordered to prepare "some good Italian food." All Marco has is some semolina flour, which he uses to make a dough that he forms into strands and cooks over coals, using a wagon wheel as a grill. While the chieftain is impressed, barbecued pasta never catches on.

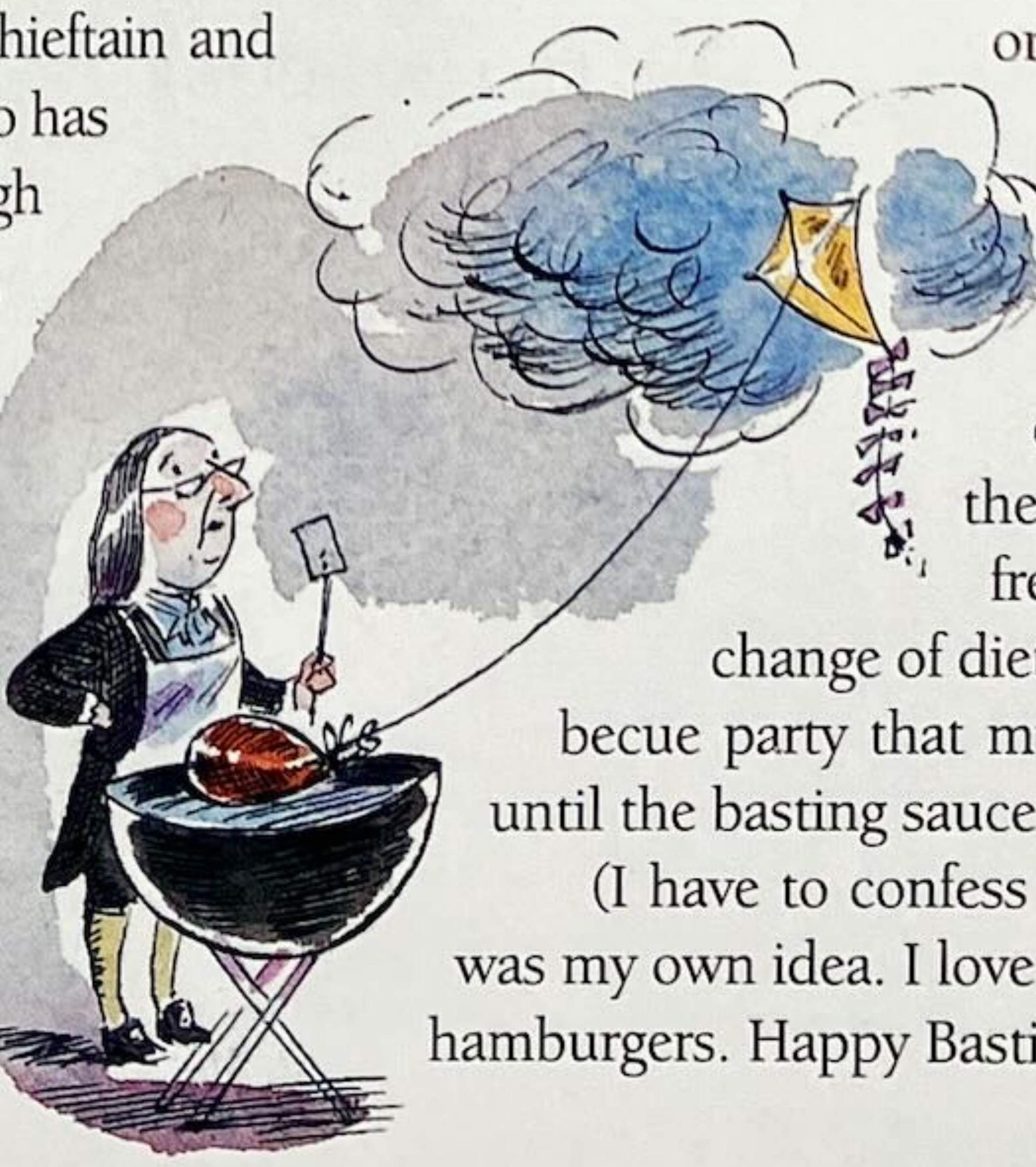
Philadelphia, 1752: Because the matches of the day are unreliable, Benjamin Franklin ties a lightning rod to a kite in order to fire up his back-yard grill. The experiment works, but a little too well, and a stray bolt of lightning turns a leg of mutton into ash, greatly annoying the housekeeper and cracking the Liberty Bell in the bargain. Another statesman-inventor, Thomas Jefferson, later solves the start-up problem by using lamp oil and old copies of *Poor Richard's Almanack*.

San Antonio, 1836: J. R. "Clump" Stringfellow becomes the only man to survive the siege of the Alamo by hiding out in a clump of scrubby-looking trees. After Santa Anna's army departs, Clump uses wood from the trees to build a fire. Desperately hungry, he cooks his boots over the fire—and finds they are, after ten hours of slow-smoking, absolutely delicious. Thus is the flavor of mesquite discovered, and Texas barbecue is born.

Chicago, 1871: Mrs. O'Leary accidentally sets fire to her cow. Chicago is destroyed in the resulting inferno, but the steaks taste great. The O'Leary family, disgraced, moves to Kansas City and opens the first bona fide rib joint.

Reidsville, North Carolina, 1929: Bettilou Sueann Weber, top twirler and timpanist for the high school marching band, hides a forbidden cigarette from a teacher by flipping it into her kettledrum. It ignites her lunch—bread, chopped pork and hush puppies—that she was saving for later. The resulting fire disrupts band practice, messes up Bettilou's permanent and causes the stock market to crash, but the Carolina barbecue sandwich is born.

Paris, July 1997: To divert attention from a troubled economy, France's minister of culture proclaims that barbecue is a French invention. Texas declares war on France, and is soon joined by Missouri and North Carolina. Tensions escalate until Zeus, who has been tired of war since the fall of Troy, orders the combatants to hold a cookout on the beach. Prometheus is finally set free, giving the eagle a much-needed change of diet, and the sun slowly sets on a barbecue party that might go on for eternity, or at least until the basting sauce runs out.



(I have to confess that the last entry isn't official. It was my own idea. I love happy endings almost as much as hamburgers. Happy Bastille Day, you-all.)

—William J. Garry

ILLUSTRATIONS BY GARY HOVLAND

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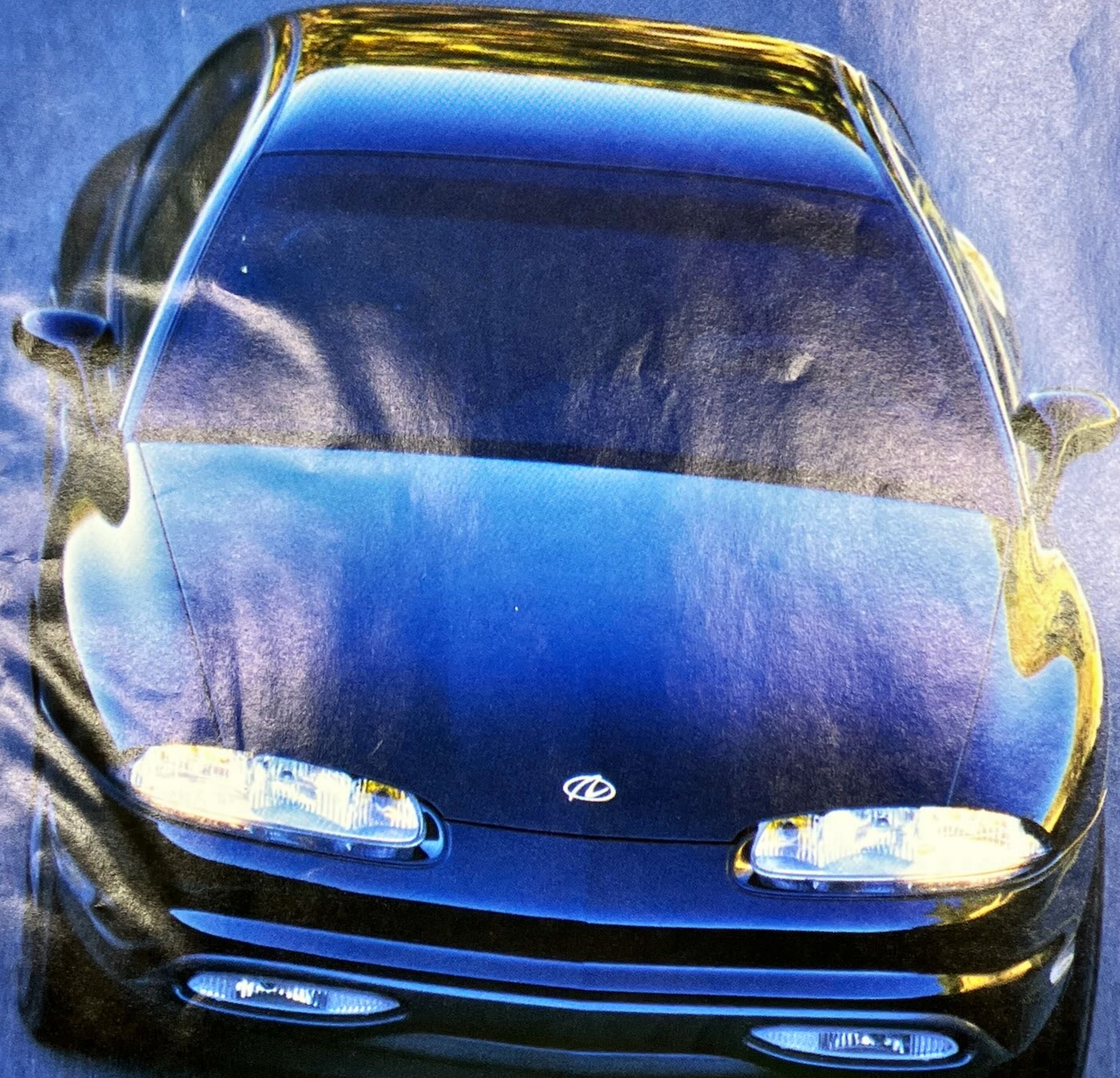

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STARTERS

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ANNE REAS
Welcome

What the Well-dressed House Is Wearing

The home is being styled by more and more fashion designers and clothing retailers, including Gucci, Banana Republic, Eddie Bauer, Gianni Versace (for Rosenthal), Nicole Miller (for Sakura) and Christian Lacroix (for Christofle).

TABLE SCRAPS

- **Scientists at Dow and Eastman chemical companies are burning the midnight oil to create a beer bottle out of polyester.**
- **Jenn-Air has proclaimed its new line of kitchen appliances to be the "Quietest Refrigerators Made in America."**

Words of the Wise

"We dare not trust our wit for making our house pleasant to our friend, so we buy ice cream."

—Ralph Waldo Emerson

Singapore Fling

The fourth annual Singapore Food Festival, held the entire month of July, focuses on the fusion of Asian and Western cuisines. This year's activities start with a restaurant crawl along Orchard Road, where more than 40 restaurants will set up stalls. Throughout the weeks to follow, there will be market tours, cooking demonstrations and food safaris, during which diners hunt for Asian specialties across the city. The event finishes with the World Gourmet Summit, a charity gala featuring some top chefs cooking up a tsunami of delicious offerings. Call 212-302-4861 or 213-852-1901.

A NORMANDY INN-VASION

July 14 is Bastille Day, and lovers of luxury might want to celebrate by storming the Château de Canisy in Normandy. Reporter Mary Alice Kellogg found this eleventh-century castle to be one of France's best inns—whatever time of year it is. There are 20 beautifully appointed bedrooms, and guests can feast on classic cuisine in the candlelit dining room, stroll around the château's six hundred acres, ride horses or get lost in the turrets. Call 800-223-9832 for info.

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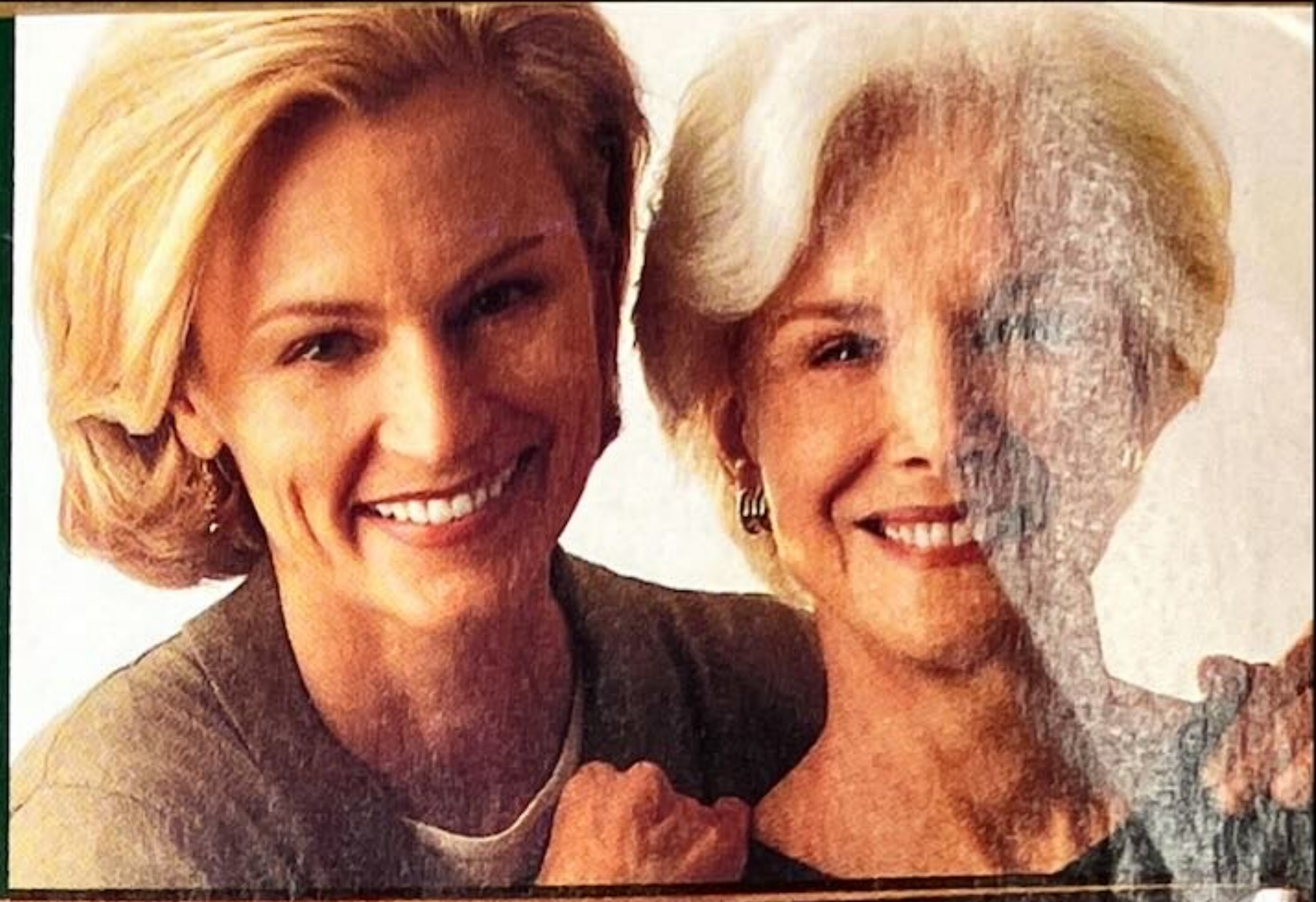

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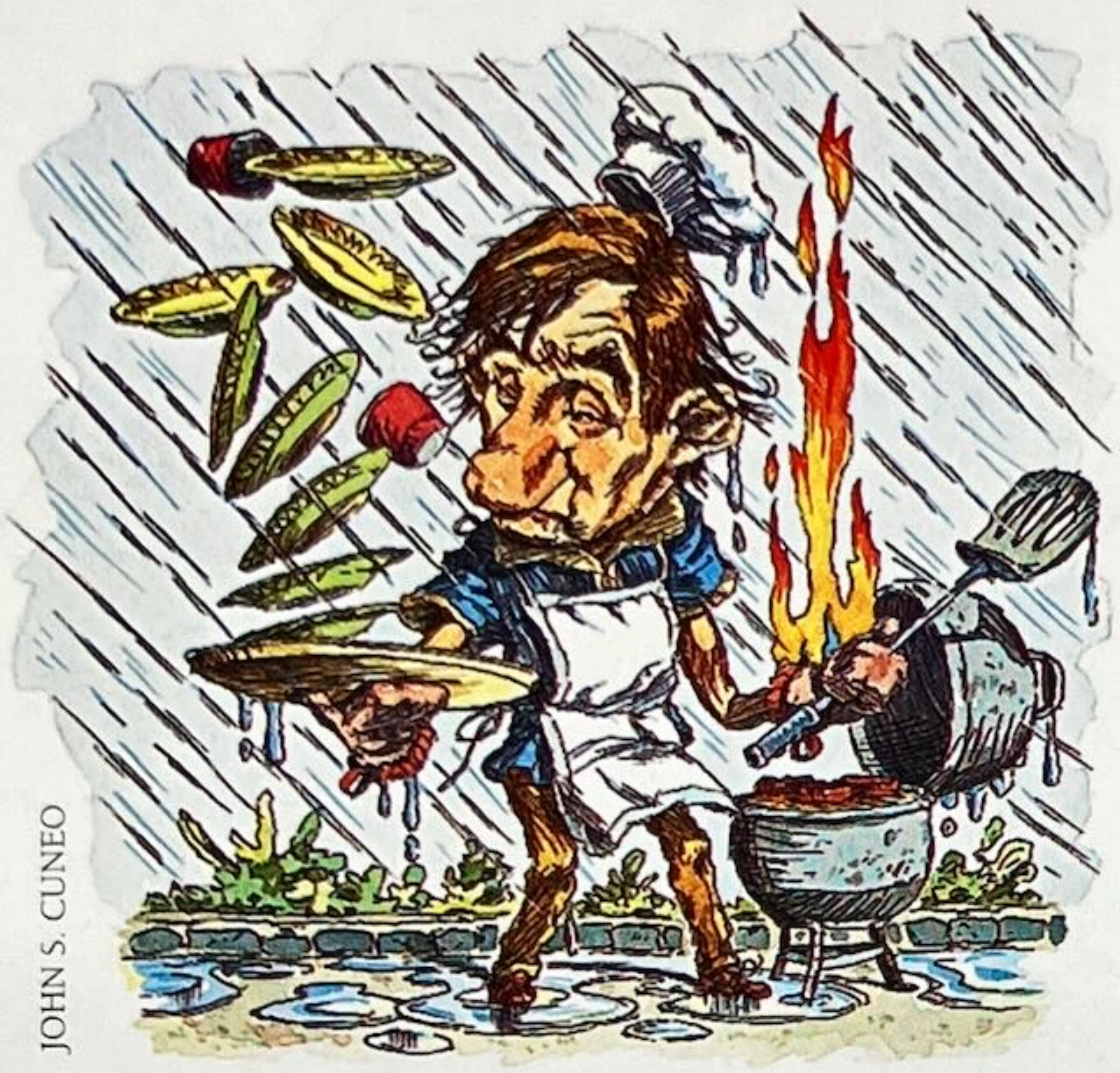
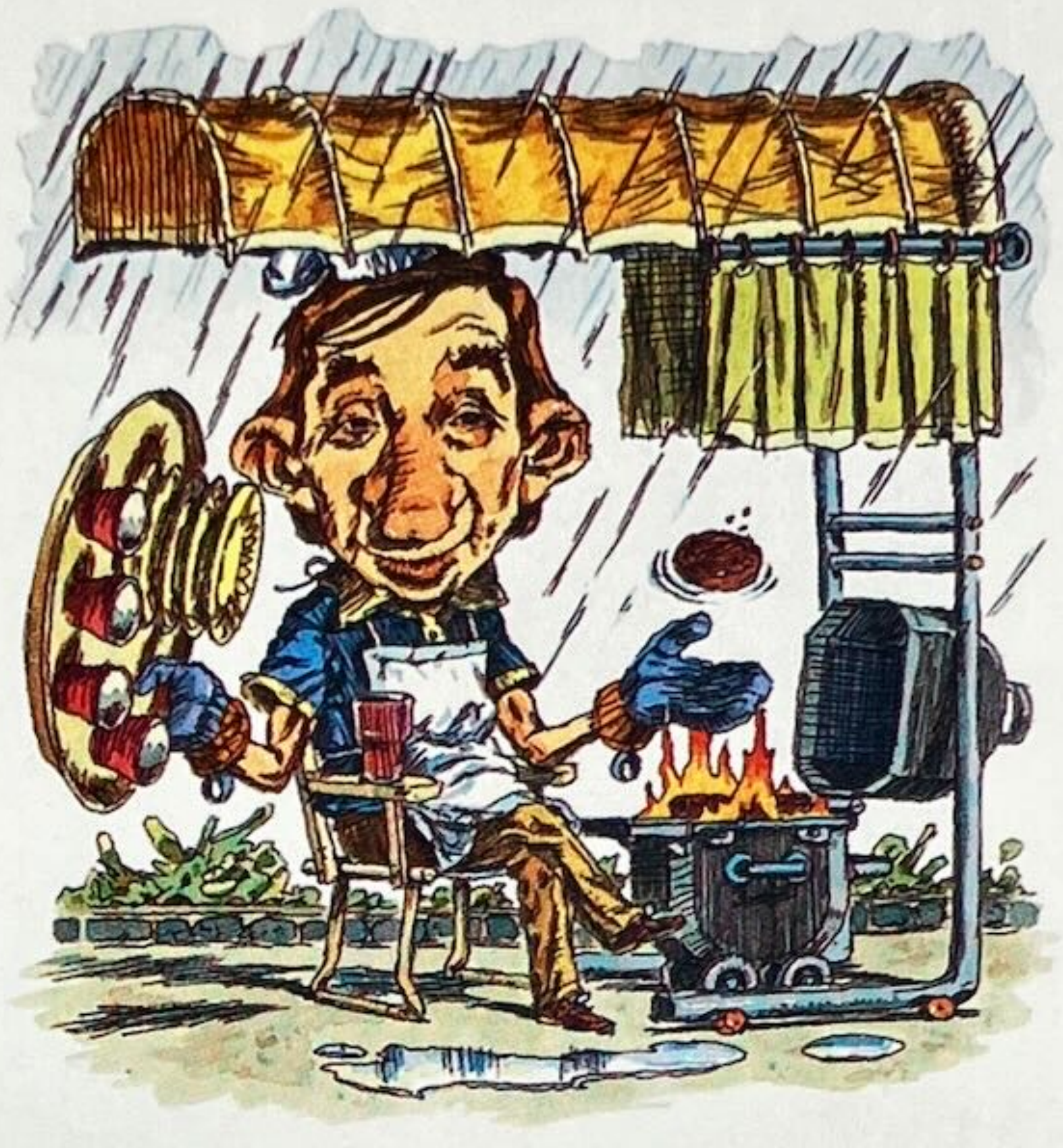


Before



After

JOHN S. CUNEO

GRILL FRILLS

Recent Inventions in Search of a Manufacturer: For people who like to grill in the rain, The Grill Canopy fits over the cook and the grill and keeps both dry.... For grillers of fiery foods, the Thermopepper quantifies their spiciness before you eat.

New Products in Search of Buyers: For party-animal grillers on the go, the lightweight, portable Keg-a-Que resembles a beer keg when it's closed.... For accident-prone grillers, The Barbecue Store's black flame-resistant barbecue gloves can help.

An Original from Abroad: For residents of the Windy City et al., "Squizzz" disposable plates and cups with adhesive bottoms are being manufactured in France.

Dining Above Par

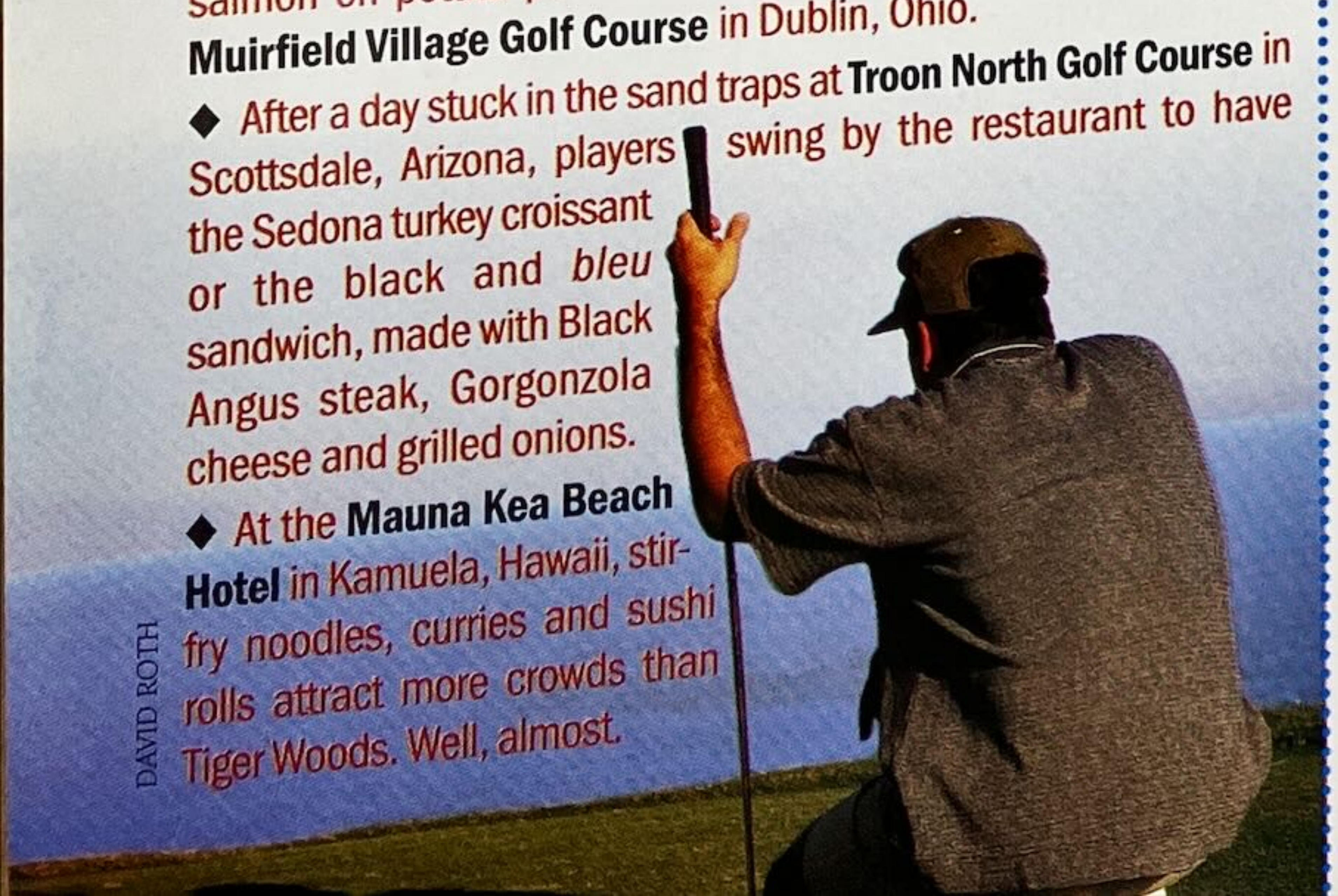
Club sandwiches aren't the only things served at the restaurants of America's greatest golf courses. Here are some reasons to play quickly through 18 holes:

◆ At **Shinnecock Hills Golf Club** in Southampton, New York, golfers are on a fairway to heaven after tasting a variety of dishes featuring the local bay scallops. The "Transfusion," a grape juice and ginger ale concoction, is a real thirst quencher.

◆ Cappuccino shakes, banana yogurt shakes and smoked salmon on potato pancakes with crème fraîche are popular at **Muirfield Village Golf Course** in Dublin, Ohio.

◆ After a day stuck in the sand traps at **Troon North Golf Course** in Scottsdale, Arizona, players swing by the restaurant to have the Sedona turkey croissant or the black and *bleu* sandwich, made with Black Angus steak, Gorgonzola cheese and grilled onions.

◆ At the **Mauna Kea Beach Hotel** in Kamuela, Hawaii, stir-fry noodles, curries and sushi rolls attract more crowds than Tiger Woods. Well, almost.



DAVID ROTH

Books (and Stuff) for Cooks

French Tarts by Linda Dannenberg (Artisan, $19.95) provides recipes for 50 delectable savory and sweet tarts—all from some of France's finest bakers and chefs.

You may not think a *License to Grill* (Morrow, $27.50) is necessary, but you'll seek it out after tasting any of the two hundred recipes created by authors Chris Schlesinger and John Willoughby.

Barbecue fans who want instant information on everything from sauces and equipment to newsletters and festivals can check out **Barbecue'n on the Internet** (www.nottingham.com/barbecue).

For cooking or equipment tips, call the **Weber Grill-Line** at 800-474-5568.

At Table With: A Barbecue Buff

Carolyn Wells is the executive director of the Kansas City Barbecue Society, a consumer organization with about 2,500 members worldwide devoted to raking things over the coals.

B.A.: Why is barbecuing so popular?

C.W.: It's an art or sport that anyone who has passion and patience can participate in. Plus, it promotes an outdoor lifestyle and brings families together. Families don't get together to make a bowl of pasta, do they?

B.A.: Which are the biggest cook-offs?

C.W.: There's the Houston Livestock Show and Rodeo in February; Memphis in May, the Mardi Gras of barbecue; and in October, the American Royal Barbecue Contest in Kansas City.

ED STOWELL

B.A.: What is your favorite part of the competitions?

C.W.: The creativity of the barbecue teams. The Swine Flew guys cook out of a 1958 Cessna fuselage that has the words *Meat-Seeking Missiles* painted on the side. There's also the IBM team, which stands for *I Burnt Mine*. They cook inside an old IBM mainframe. I also like the B.S. & Barbecue, where you must convince the judge that your barbecue is best. Bone Art, where leftover bones are made into artwork, is fun, too.

B.A.: Do you eat barbecue morning, noon and night?

C.W.: Being a native Tennessean, I have barbecue sauce running through my veins. But, honey, all I want to do after a competition is eat some ice cream. There is a limit, you know, even for me.

FOR SELECT BUYING INFORMATION, SEE PAGE 101.

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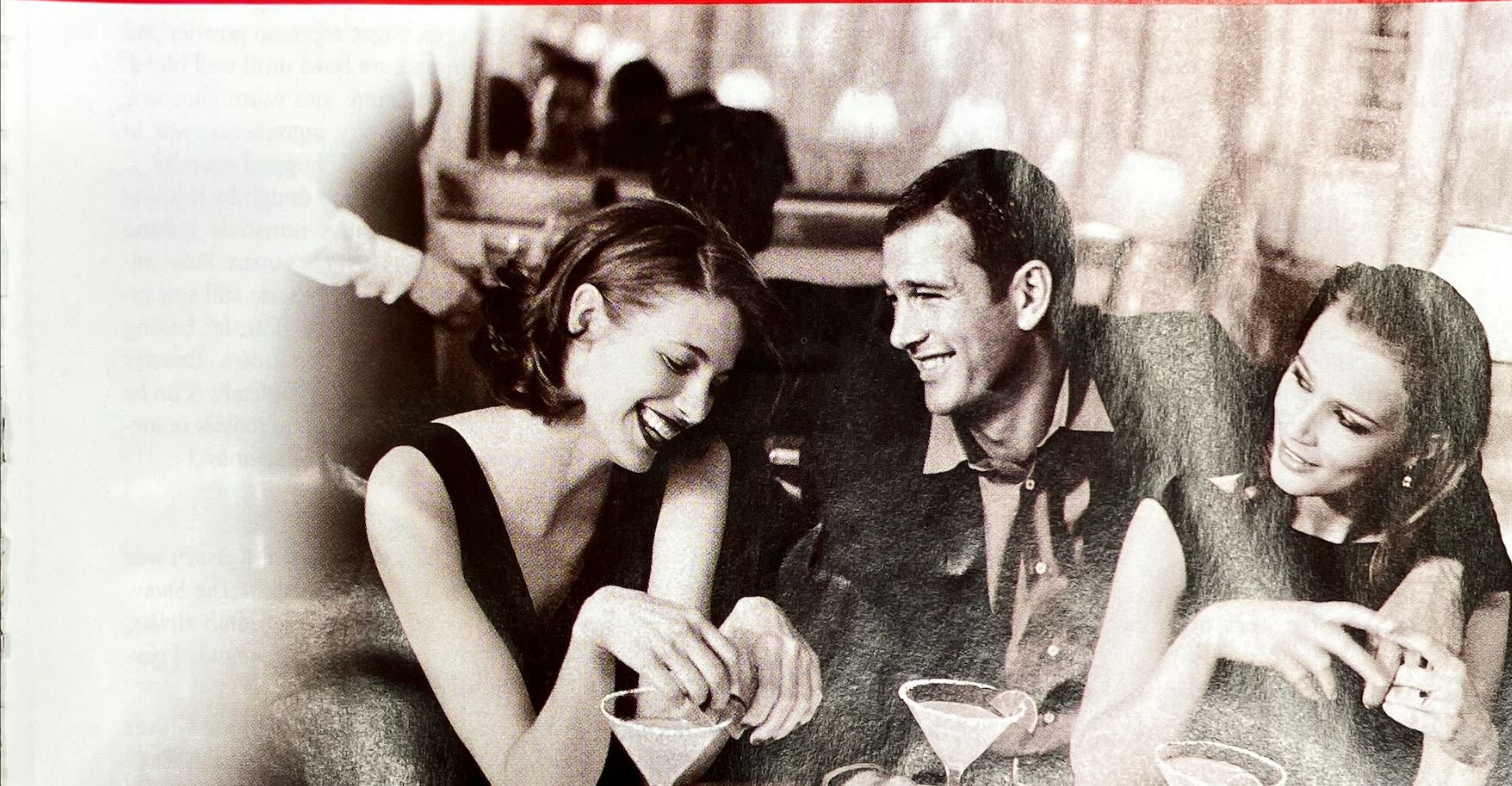

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FAVORITE RESTAURANT RECIPES

I recently attended a conference at the Alderbrook Resort in Union, Washington. The food was quite good, especially the scallops, which came with an unusual apple-curry sauce. Can you request the recipe?

Roger Shadwick
Salem, Oregon

Scallops with Apple-Curry Sauce

4 FIRST-COURSE SERVINGS

5 tablespoons butter
1 small Granny Smith apple, peeled, cored, chopped
½ onion, chopped
1 tablespoon all purpose flour
1 teaspoon curry powder
½ cup dry white wine
½ cup whipping cream
½ cup chicken stock or canned low-salt broth
1½ cups chopped tomatoes
½ teaspoon sugar

1 large garlic clove, chopped
1 teaspoon chopped fresh basil or ½ teaspoon dried
1 teaspoon chopped fresh rosemary or ½ teaspoon dried
12 large fresh sea scallops

Melt 1 tablespoon butter in medium saucepan over medium heat. Add chopped apple and onion to pan; sauté until onion is soft and translucent, about 5 minutes. Add flour and curry powder; stir 1 minute. Add wine, cream and stock; stir until mixture thickens to sauce consistency, about 3 minutes. Stir in tomatoes and sugar. Season with salt and pepper.

Meanwhile, prepare barbecue (medium-high heat) or preheat broiler. Melt remaining 4 tablespoons butter in small saucepan over medium heat. Stir in garlic, basil and rosemary. Remove from heat. Brush scallops with melted herb butter. Grill or broil scallops until opaque in center, about 3 minutes per side.

Divide scallops among 4 plates. Spoon sauce over scallops and serve.

My friends and I often meet for lunch at Julienne, a brasserie in nearby San Marino. The chocolate-espresso cookies are my favorite dessert. They're fudgy and moist, with great coffee flavor and plenty of walnuts.

Jane Taverner
Pasadena, California

Chocolate-Espresso Cookies

Because they contain so little flour, these cookies have a chewy, brownie-like texture.

MAKES ABOUT 30

6 tablespoons all purpose flour
¼ teaspoon baking powder
¼ teaspoon salt
8 ounces bittersweet (not unsweetened) or semisweet chocolate, chopped
½ cup (1 stick) unsalted butter
2 large eggs
¾ cup sugar
2¼ teaspoons instant espresso powder
2¼ teaspoons vanilla extract
1 cup semisweet chocolate chips
1 cup coarsely chopped walnuts

Preheat oven to 350°F. Mix flour, baking powder and salt in small bowl. Stir bittersweet chocolate and butter in heavy large saucepan over low heat until melted. Remove from heat. Using electric mixer, beat eggs, sugar, espresso powder and vanilla in medium bowl until well blended. Stir egg mixture into warm chocolate mixture. Stir in dry ingredients. Stir in chocolate chips and chopped walnuts.

Immediately drop dough by heaping tablespoonfuls onto nonstick baking sheets, spacing 1½ inches apart. Bake until tops crack but cookies are still soft inside, about 12 minutes. Transfer baking sheets to racks; cool 5 minutes. Transfer cookies to racks; cool completely. *(Can be prepared 1 day ahead. Store cookies in airtight container at room temperature.)*

The best part of my vacation in Aspen was not the skiing—it was dinner at The Snowmass Lodge & Club. I had lamb riblets, which were served over a big mound of garlic mashed potatoes.

Gordon Glover
Washington, D.C.

Spicy Grilled Colorado Lamb Riblets

4 SERVINGS

3 pounds lamb riblets
1½ tablespoons Creole seasoning
1¾ cups purchased barbecue sauce
¾ cup dark beer
¾ cup chopped onion
½ cup pure maple syrup
1½ tablespoons chopped seeded jalapeño chilies
½ teaspoon ground pepper

Preheat oven to 350°F. Place lamb riblets in large roasting pan. Rub Creole seasoning over riblets. Bring remaining 6 ingredients to boil in medium saucepan. Pour

{RECIPE CONTINUED ON PAGE 24}

We welcome comments and will make an effort to obtain previously unpublished restaurant recipes on request. All submissions become the property of *Bon Appétit* and will not be returned; submissions may be edited and may be published or otherwise used in any medium. Because of the volume of mail received, we are unable to answer all inquiries. Address mail to R.S.V.P., *Bon Appétit*, 6300 Wilshire Boulevard, Los Angeles, CA 90048; or contact us via E-mail at: rsvp@bonappetit.com. *Please be sure to include the complete address of the restaurant.*

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sauce over riblets. Cover saucepan with foil. Bake riblets until tender, about 1 hour. Using tongs, transfer riblets to large bowl. Transfer sauce to medium saucepan. Spoon fat off top of sauce. Boil sauce until thickened slightly, about 20 minutes. *(Riblets and sauce can be prepared 1 day ahead. Cover separately and refrigerate. Rewarm sauce over medium-low heat before continuing.)*

Prepare barbecue (medium-high heat) or preheat broiler. Grill or broil riblets until heated through, basting occasionally with sauce, about 5 minutes. Serve riblets immediately, passing remaining sauce separately.

We spent our honeymoon in Florida at the Boca Raton Resort & Club. One night we ordered an unusual focaccia that had toasted pumpkin seeds in it.

Beth and Jonathan Parker
St. Paul, Minnesota

Focaccia with Toasted Pumpkin Seeds

MAKES 2

⅔ cup warm water (105°F to 115°F)
1 tablespoon sugar
1 teaspoon dry yeast
3 tablespoons olive oil
1 large egg
1 tablespoon unsalted butter, melted
1 teaspoon salt
2½ cups bread flour

⅔ cup hulled pumpkin seeds
2 tablespoons finely chopped fresh basil or 2 teaspoons dried

Additional salt
Additional olive oil

Place warm water in processor. Add sugar. Sprinkle yeast over. Let stand until yeast dissolves and mixture is foamy, about 8 minutes. Add 1 tablespoon oil, egg, butter and 1 teaspoon salt. Process to blend. Add flour; process using on/off turns until dough forms and pulls away from sides of processor. Transfer dough to lightly floured surface. Knead until smooth and elastic, about 3 minutes. Oil large bowl. Add dough; turn to coat. Cover with clean dry cloth; let rest 15 minutes.

Meanwhile, heat 2 tablespoons oil in heavy medium skillet over medium heat. Add pumpkin seeds and basil and stir until seeds begin to brown, about 5 minutes. Transfer to small bowl and cool.

Knead pumpkin seed mixture into dough. Divide dough in half. Press out each dough piece on ungreased baking sheet to form 8x6-inch oval. Cover loosely with plastic wrap. Let rise until slightly puffed, about 45 minutes.

Preheat oven to 450°F. Sprinkle dough with salt. Bake until focaccias are golden brown, about 15 minutes. Transfer to rack. Serve warm with olive oil for dipping.

Editor's note: *Some readers have encountered problems when preparing the recipe for Baked Ham with Mustard and Marjoram, which appeared on page 64 of the April 1997 issue. Although we have consulted with food scientists and have retested the recipe, we have been unable to account for or duplicate the reported problems. However, in the interest of caution, we recommend that readers not use the recipe.*

On my last trip to Honolulu, my flight home was delayed, so I headed over to Gordon Biersch for a beer and a snack while I waited. The chicken wings were excellent.

Lisa Kalem Grabow
Los Angeles, California

Sweet Chili-glazed Chicken Wings

4 FIRST-COURSE OR
2 MAIN-COURSE SERVINGS

2 pounds chicken wings
¼ cup peanut oil
3 tablespoons finely chopped fresh cilantro
3 tablespoons soy sauce
2½ tablespoons minced garlic
2 tablespoons minced ginger
¾ teaspoon dried crushed red pepper

1 cup rice vinegar
¾ cup sugar
½ cup water
1 tablespoon chili-garlic sauce*

Steamed white rice
¼ cup thinly sliced green onions

Cut each chicken wing in half at joint. Mix oil, cilantro, soy sauce, 2 tablespoons garlic, ginger and ¼ teaspoon crushed red pepper in large bowl. Add chicken wings and turn to coat. Cover and refrigerate 2 hours.

Preheat oven to 400°F. Using tongs, transfer chicken wings to large baking sheet. Bake until cooked through and golden brown, about 20 minutes.

Meanwhile, combine vinegar, sugar, water, chili-garlic sauce, remaining ½ tablespoon garlic and remaining ½ teaspoon crushed red pepper in medium saucepan. Bring to boil; reduce heat and simmer until glaze mixture thickens to syrup consistency, about 20 minutes.

Transfer baked chicken wings to large bowl. Pour glaze over; toss to coat.

Place chicken wings atop steamed white rice. Sprinkle with green onions.

**Available at Asian markets and in the Asian section of many supermarkets.*

The Wheatley Hills Tavern in Westbury, New York, serves a nice appetizer of mussels with a Sherry and tomato sauce. I wonder how they prepare it.

LaNita M. Weigele
Mineola, New York

Steamed Mussels with Sherry, Tomatoes and Garlic

4 FIRST-COURSE SERVINGS

2 tablespoons olive oil
3 tablespoons finely chopped garlic
1 28-ounce can Italian-style tomatoes with juices, coarsely chopped
1 small onion, peeled (about 6 ounces)
3 tablespoons chopped fresh basil or 1 tablespoon dried
3 tablespoons chopped fresh oregano or 3 teaspoons dried
¼ cup (½ stick) butter
2 tablespoons chopped fresh parsley
1 large bay leaf
¼ teaspoon dried crushed red pepper
1 cup Sherry
4 pounds mussels, scrubbed, debearded

{RECIPE CONTINUED ON PAGE 26}

SERVE HOT.

(OR ONE GOURMET'S VERSION OF COOKIN' WITH CATERA.)

I know people who think Eve served the biblical apple merely because she was pinched for time and didn't have to cook it.

I like to cook.

"Where did you learn to cook?" people ask, like there's a cavern hidden deep under the city where we meet; a secret, benevolent cabal of chefs, practicing the ancient rites of both spice mingling and time juggling. "In the kitchen," I always reply. They eye me with suspicion and disbelief.

I like to cook.

Cooking lets me unleash my creative energies. To me, recipes are just vague guidelines. I enjoy using intuition to know whether I should add more garam masala, zest another lemon, grind an extra nutmeg or two. I enjoy it even more when I'm right.

I like to cook.

Once we had fresh 25-count shrimp, begging to be grilled, and no appropriate marinade in the house. I frantically mingled spices in a manner that would have terrified an alchemist. The result is never the same twice and one of my favorites. (I'll share it later.)

Whoever designed my new car must like to cook too. Because they clearly threw out the typical luxury car recipe, scrambled all our preconceptions and came out with a whole new omelet.

The result is Catera, luxury à la fun, the Caddy that zigs.

The performance ingredients are something out of Parnelli Jones' cookbook: four-wheel independent suspension, big four-wheel disc brakes, ABS, full-range traction control. And a 24-valve V6 that kicks out 200 horses.

Hey, I like to cook.

The inside is something too. Clearly some engineers spent a lot of time slaving over a hot drawing board. Because they've come up with things like seats as comfortable as any this seat has ever sat in. Something about the "hip points" being raised for the optimum driving position.

Even the glove box, the oven of cars that turns chocolate to syrup, is different. It has its own air-conditioning vent, so when the a/c is on, it's cool in there.

Well, dinnertime's coming, and I'm out of saffron. Usually I'd just try to make do, but now I feel like a quick zig to the store. You should see me behind the wheel now.

Man, can I cook.

MARINADE WITH ZIG

1½	teaspoons garam masala
2	teaspoons brown sugar
2	teaspoons tumeric
1	teaspoon honey
2	dashes soy sauce
½	teaspoon red pepper paste
2	cloves garlic, minced or pressed
½	inch ginger root, peeled and grated
2	tablespoons curry oil

Combine all ingredients. Add shelled, deveined shrimp. Turn to coat, marinate for a couple of hours. Grill with chopped veggies. Eat.

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Heat olive oil in heavy medium pot over medium heat. Add 2 tablespoons garlic and sauté 1 minute. Add tomatoes with their juices, whole onion, basil and 1 tablespoon oregano to pot. Reduce heat to medium-low and simmer sauce until reduced to 1¾ cups, about 1 hour. Remove onion and discard. Season sauce to taste with salt and pepper. Set aside.

Melt butter in heavy large pot over medium-high heat. Add parsley, bay leaf, crushed red pepper, remaining 1 tablespoon garlic and 2 tablespoons oregano. Sauté until garlic is tender, about 1 minute. Stir in Sherry and tomato sauce. Add mussels and stir to coat. Cover and simmer until mussels open, about 5 minutes; discard any mussels that do not open. Using tongs, transfer mussels to large serving bowl. Season sauce to taste with salt and pepper. Ladle sauce over mussels and serve.

After having the apple-oat pancakes at the Crystal Cafe and Bake Shop in Grand Junction, Colorado, my husband said they were the best he has ever tasted. Is there any chance I could get the recipe? I would love to make a batch of those pancakes for a family breakfast at home.

Viki Hurlburt
Englewood, Colorado

Apple-Oat Pancakes with Chunky Applesauce

MAKES ABOUT 20 PANCAKES

APPLESAUCE

6 Granny Smith apples (about 2 pounds), peeled, chopped
⅔ cup sugar
½ cup water
¼ cup fresh lemon juice
1 teaspoon ground cinnamon

PANCAKES

2 cups all purpose flour
⅔ cup old-fashioned oats
½ cup shredded bran cereal (such as All-Bran)
2 teaspoons baking powder
2 teaspoons baking soda
2 teaspoons ground cinnamon
½ teaspoon ground nutmeg
¼ teaspoon salt
2½ cups low-fat buttermilk
2 large eggs
6 tablespoons sugar
¼ cup vegetable oil
2 tablespoons vanilla extract

3½ tablespoons (about) butter

Additional butter
Pure maple syrup

FOR APPLESAUCE: Combine chopped apples, sugar, water, lemon juice and cinnamon in heavy large saucepan; bring to boil. Reduce heat; simmer until apples are soft and mixture thickens, stirring occasionally, about 15 minutes. Cool.

FOR PANCAKES: Combine first 8 ingredients in large bowl. Add 2½ cups buttermilk, eggs, sugar, vegetable oil and vanilla extract and whisk until mixture is blended but small lumps remain. Stir in 1 cup applesauce.

Preheat oven to 250°F. Melt ½ tablespoon butter in large skillet over medium-low heat. Working in batches, pour batter by ⅓ cupfuls into skillet. Cook pancakes until bottoms are golden brown and bubbles form on top, about 2 minutes. Turn pancakes over; cook until bottoms are golden brown, about 2 minutes. Transfer to baking sheet. Keep warm in oven. Repeat with remaining butter and batter.

Serve pancakes hot with butter, maple syrup and remaining applesauce.

My daughter treated me to dinner at the Tremont House Grand Heritage Hotel in Galveston. The bread pudding I had for dessert was the best I've ever tasted. Would the chef share the recipe?

June Curry
Santa Fe, Texas

Bread Pudding with Bourbon Sauce

6 SERVINGS

½ cup raisins
⅓ cup plus 3 tablespoons bourbon or brandy

12 ounces fresh French bread, crusts trimmed, cut into 1-inch pieces
1½ cups milk (do not use low-fat or nonfat)
1 cup sugar
¾ cup whipping cream
3 large eggs
3 large egg yolks
1 teaspoon vanilla extract
¼ teaspoon ground cinnamon

¼ cup (½ stick) unsalted butter

Combine raisins and ⅓ cup bourbon in small bowl. Soak for 30 minutes. Drain.

Preheat oven to 375°F. Place bread in large bowl. Whisk milk, ¾ cup sugar, cream, eggs, 2 egg yolks, vanilla and cinnamon in medium bowl to blend. Pour egg mixture over bread. Add raisins; mix gently to coat bread. Transfer mixture to 9x5x3-inch glass loaf baking dish.

Cover baking dish with foil. Bake pudding 40 minutes. Remove foil and bake until top is golden and tester inserted into center comes out clean, about 30 minutes longer. Cool slightly.

Melt butter in top of double boiler set over simmering water. Add 3 tablespoons bourbon, ¼ cup sugar and 1 egg yolk. Whisk until mixture thickens slightly and candy thermometer registers 160°F, about 1 minute. Remove from heat.

Cut hot or warm bread pudding into 6 slices. Transfer to plates. Spoon bourbon sauce over each portion and serve.

I'm frequently in Dublin on business, and one of my favorite restaurants there is Cooke's Cafe, in the heart of the city. The atmosphere is lively, and I always find an intriguing new dish to try, like the salad I had on my last visit. It was filled with asparagus, wild mushrooms, potatoes and smoked duck, all tossed with a delicious sesame-ginger dressing.

Michael Thompson
Cleveland, Ohio

Smoked Turkey Salad with Sesame Dressing

At the restaurant, they make the salad with smoked duck, but smoked turkey is more readily available and is a nice substitute.

6 SERVINGS

DRESSING

½ cup vegetable oil
¼ cup oriental sesame oil

- ¼ cup rice vinegar
- 2 tablespoons soy sauce
- 2 tablespoons chopped fresh cilantro
- 1½ tablespoons sesame seeds, toasted
- 1½ tablespoons finely chopped peeled fresh ginger

SALAD

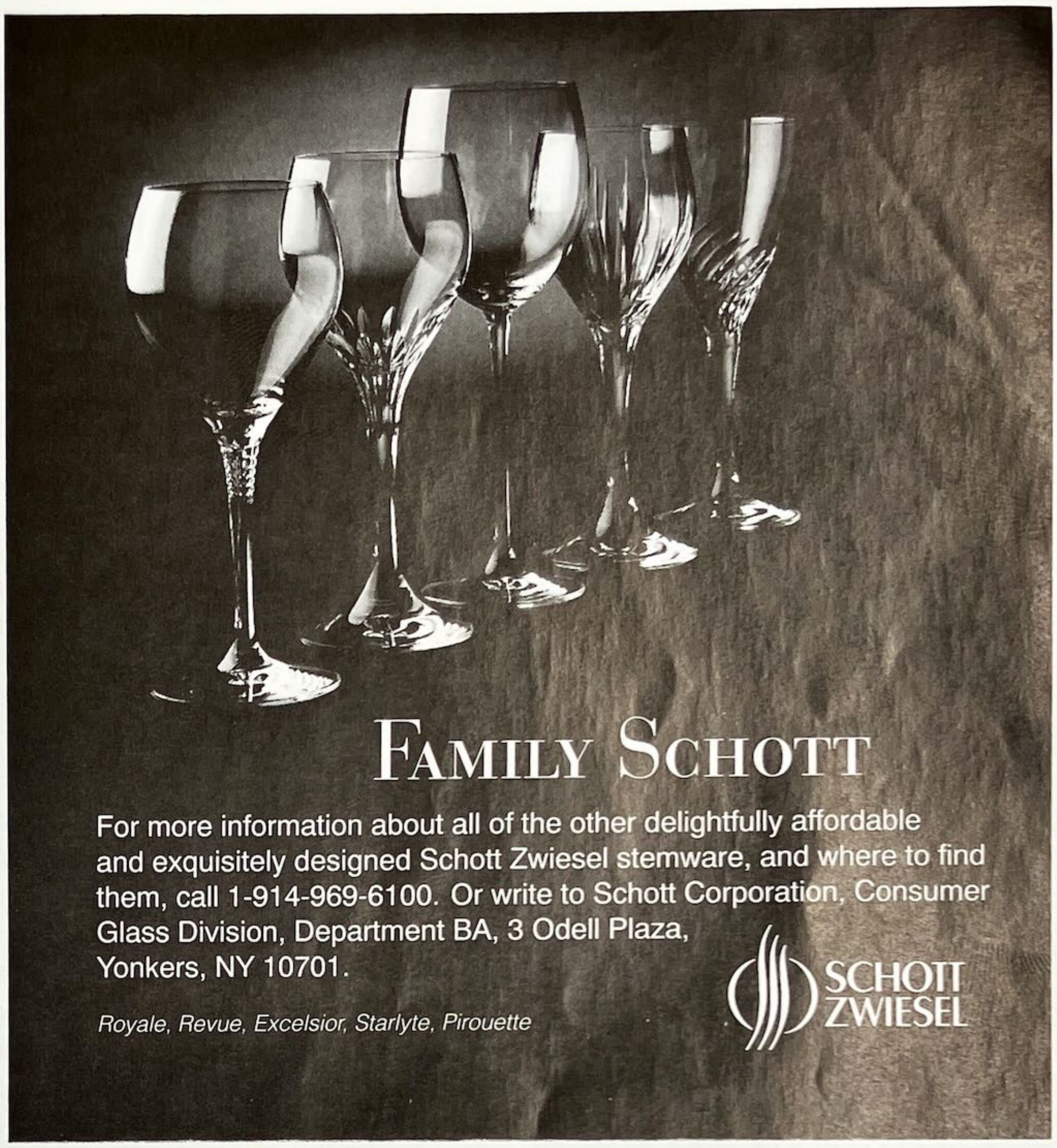
- ¾ pound fresh asparagus, cut into 3-inch lengths
- 3 tablespoons vegetable oil
- 6 ounces fresh shiitake mushrooms, stems discarded, caps sliced
- 2 garlic cloves, minced
- 12 ounces red-skinned potatoes, halved, cut crosswise into ¼-inch-thick slices
- ½ large red onion, sliced
- 8 ounces mixed baby greens
- 1 pound smoked turkey breast, cut into thin strips

Fresh cilantro sprigs

FOR DRESSING: Whisk ½ cup vegetable oil, ¼ cup sesame oil, ¼ cup rice vinegar, 2 tablespoons soy sauce, cilantro, sesame seeds and ginger in medium bowl until well blended. Season dressing to taste with salt and pepper. *(Can be prepared 1 day ahead. Cover and refrigerate. Let dressing stand at room temperature 2 hours and rewhisk before using.)*

FOR SALAD: Steam asparagus until just crisp-tender, about 3 minutes. Transfer asparagus to large bowl. Heat 1 tablespoon vegetable oil in heavy large skillet over high heat. Add sliced mushrooms and sauté 2 minutes. Add minced garlic and sauté until mushrooms are brown and tender, about 1 minute. Transfer garlic and mushrooms to bowl with asparagus. Heat remaining 2 tablespoons vegetable oil in same skillet over medium-high heat. Add sliced potatoes and onion and sauté until potatoes are brown and cooked through, about 10 minutes. Transfer to bowl with mushrooms and asparagus. Add greens and turkey to same bowl. Toss with enough dressing to coat.

Garnish salad with cilantro sprigs. Serve salad, passing remaining sesame dressing separately.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SCHOTT ZWIESEL

My husband and I attended a Manhattan fund-raiser that featured outstanding food from Della Femina/Saks Catering. The main course was a delicious flank steak with a sweet and spicy glaze. I think it would be a hit at our next cookout.

Elise Harrison
Greenwich, Connecticut

Marinated Flank Steak with Honey-Chipotle Glaze

This easy entrée has lots of complex flavors.

4 SERVINGS

GLAZE

- 2 tablespoons honey
- 1 tablespoon Dijon mustard
- 1 tablespoon hoisin sauce*
- 1 tablespoon fresh lime juice
- 2 teaspoons minced canned chipotle chilies**
- 1 large garlic clove, minced

STEAK

- 3 tablespoons olive oil
- 3 tablespoons fresh lime juice
- 1 large garlic clove, minced
- 1 teaspoon ground cumin
- 1 1¼- to 1½-pound flank steak

Lime wedges

FOR GLAZE: Mix honey, mustard, hoisin sauce, lime juice, chipotles and garlic in bowl until well blended. *(Glaze can be prepared 1 day ahead. Cover and refrigerate.)*

FOR STEAK: Combine first 4 ingredients in glass baking dish. Add steak; turn to coat. Cover; marinate at least 1 hour or up to 4 hours, turning occasionally.

Prepare barbecue (high heat). Sprinkle steak with salt and pepper. Set aside 1 tablespoon glaze. Brush remaining glaze over both sides of steak. Grill steak to desired doneness, about 4 minutes per side for medium-rare.

Let steak stand 5 minutes. Cut crosswise into thin diagonal slices. Drizzle with remaining 1 tablespoon glaze. Serve with lime wedges.

**Available at Asian markets and in the Asian section of some supermarkets.*

**Chipotle *chilies in spicy tomato sauce are available at Latin American markets, specialty foods stores and some supermarkets.*

—Compiled by Jordana Ruhland

The Hall of Flame

At his unique shop in Texas, restaurateur Jim Goode fires up a whole lot of fun

By Jim Henderson

SOME SATURDAYS, you can drive down Kirby Street near Houston's affluent River Oaks neighborhood and find Jim Goode, crowned by a weathered Tom Mix-style cowboy hat and standing by the windmill and stock tank in front of his BBQ Hall of Flame, doing what he does best.

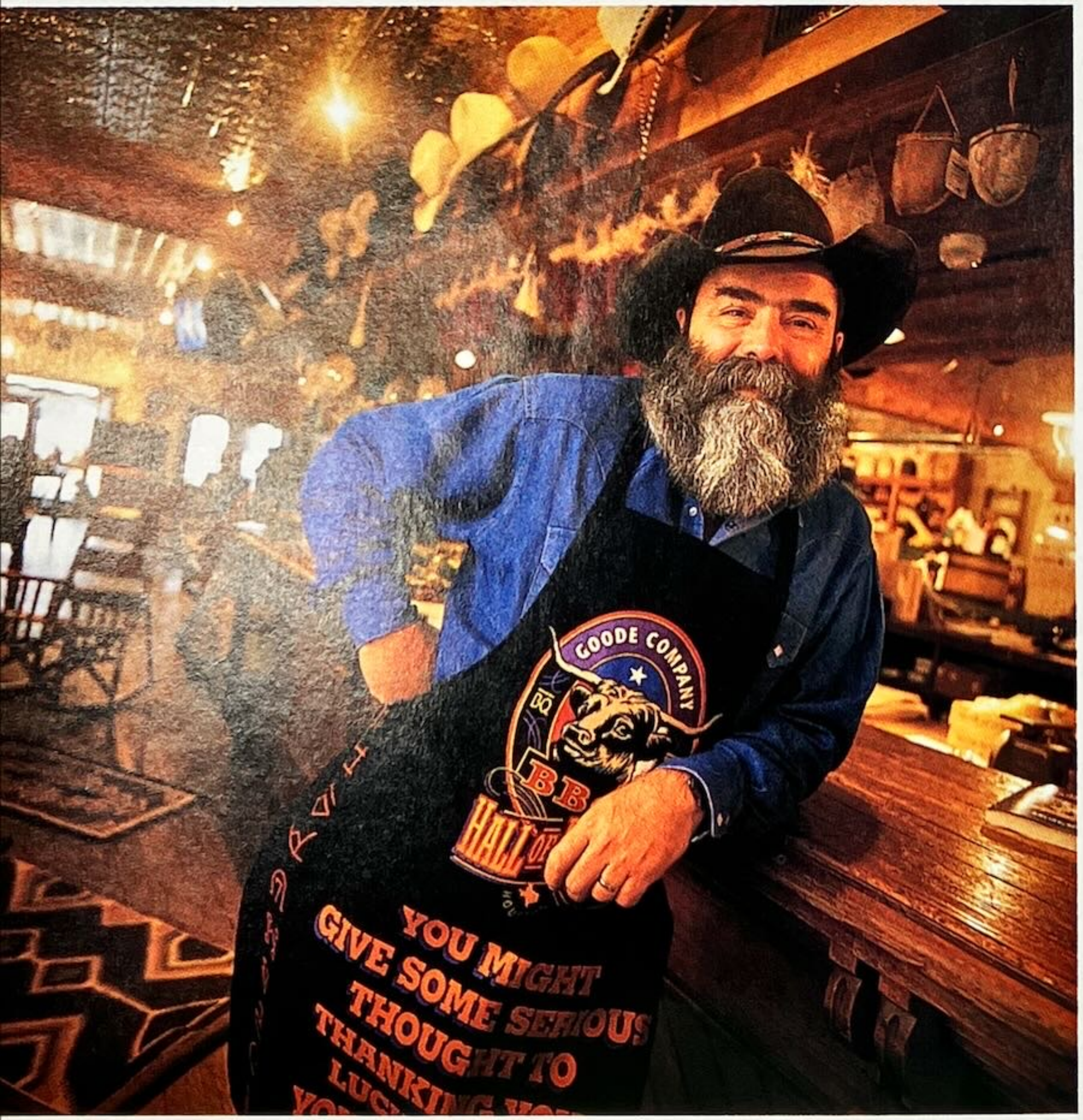
For a few hours on these days, the Hall of Flame, normally half emporium and half museum, is Smoked Meat University.

Cloaked in the gulf-gray exhaust rising from a cast-iron "pit," Goode talks brisket chemistry with a cluster of aspiring back-yard chefs, who are, as often as not, baffled by this erratic science.

Let's face it: Chicken isn't difficult; sausage is a piece of cake; ribs can be mastered in a weekend of trial and error. But brisket, ah, brisket. It demands more contemplation than a cattle drive and more TLC than a luckless bronc buster. Mess it up, and you've got something the texture of bull hide. Do it right, cowboy, and we're talking Food of the Gods.

The disciples come to these seminars full of questions about cooking times, temperatures, wood types and seasonings. Goode, a 50-year-old former graphic artist, dispenses advice in a drawl as long as the Rio Grande.

"Wel-l-l-l," he says, "I like mesquite wood…green, so that it will burn slow. Aim for about two hundred degrees. You gotta have a lot of patience…get to know your meat and your fire."



Goode advice: Texas raconteur Jim Goode offers cookout tips, cowboy hats, country-style grub—and some of the best barbecue sauce in the country.

He may look and sound like a grizzled ranch hand, but Goode didn't just hit town in a buckboard. Besides this retail establishment and archive of Texana, he owns four restaurants, one of which—the 40-seat Goode Company BBQ across the street—he bought 20 years ago for $11,000 and nursed from a $50-a-day turkey to a $3.5 million-a-year cash cow.

For the first few months, the restaurant floated down a bayou of red ink, but during that time Goode and an uncle took turns sleeping next to the pit, getting up at intervals to check the smoking brisket.

"We paid real close attention to it, tried to figure out what was happening to it at different stages of the cooking," Goode says. After perfecting the brisket, he developed his own sausage and sauce and made side dishes fresh daily.

Three years ago, he opened the BBQ Hall of Flame, partly as an outlet to sell his sauces and such, and partly as a gallery for his collection of cowboy memorabilia.

"I guess I got a little carried away," he says. "Seven or eight years ago, I bought an 1890 chuckwagon up in Kansas, and we started competing in cook-offs. I got to buying all this stuff. It just kept piling up, and I thought, hell, let's open a store."

An old chuckwagon near the front window supports an array of cast-iron pots and pans. Well-worn saddles, potbellied stoves and other relics are backdrops for displays of western clothing and cookbooks. The rustic counter could have come from a hotel saloon of a distant era. As in any good general store, merchandise hangs from the ceiling and climbs the walls.

There's a meat counter with restaurant-grade brisket, fajita steak and chicken; an old Coke cooler with bottled beer that customers can consume while browsing; and barrels of wood chips—hickory, apple, wild cherry, mesquite and pecan.

And there are shelves of, well, stuff: cigars, country-music tapes and CDs, and jars of mostly Texas-made miscellany: Tarantula Tonic (Margarita mix), Mesquite Bean Jelly, Habañero Mustard from Hell and Goode's own brand of products. The line includes brisket rub and his signature tomato-based barbecue sauce, thick with chunks of pickled jalapeños and garlic.

Lest anyone doubt Goode's intentions, there is a big selection of barbecue pits—brutish cast-iron cylinders with fireboxes and chimneys. Goode also sells one brand of grill, but rarely has more than one in stock. "You can use a grill," he says. "But you won't get any smoke. Smoke is what barbecue is all about."

For Jim Goode, smoking is the only way to turn a slab of stubborn brisket into pure ambrosia. You *could* argue for braising or slow oven-roasting.

But then, you'd never get tenure here at Smoked Meat University.

PHOTOGRAPHY BY DANNY TURNER; FOR ORDERING INFORMATION, SEE PAGE 101.

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Beach-Blanket Barbecue

By Jinx and Jefferson Morgan

TO US, SUMMER NEVER SEEMS quite complete without at least one beach barbecue. Give us a stretch of sand, a sun-filled day or starry night and the seductive smell of a barbecue fire, and we know all is right with the world. Tucked in our memories are recollections of clambakes on Nantucket's shore, wind-whipped outings along the wild coast of Oregon, fish-grilling parties in Puerto Vallarta and any number of cookouts on the gentle strand of sand just steps from our home in the Caribbean. Regardless of whether lobsters or hot dogs are sizzling on the grill, a beach barbecue is always a special event.

ILLUSTRATION BY TATJANA KRIZMANIC

Of course, ensuring you have a carefree get-together means taking a little care in the planning. For instance, before setting off to a destination, make sure you understand any rules and regulations that apply to it, including whether you can *legally* barbecue there. Nothing sours a shindig faster than the local sheriff's pulling up and dragging the troops off to the hoosegow. You must also promise to leave the beach in as pristine condition as you found it, or we will personally find you and stuff all the pillows in your house with aluminum cans.

So, assuming you know of a beach that welcomes barbecuers, let's talk about organizing the party. First, the fire. Whether you are going to transport a grill from home, use a public fire pit or show off old Scout skills by building a fire in the sand, remember to bring with you matches and whatever fuel is necessary. Expecting to gather driftwood is a strategy that will practically guarantee a long night without grilled protein. Just as important as a heat source is water. Keep a spray bottle on hand to tame any large flames, and bring a bucket to get seawater to douse the embers completely before you leave.

The provisions should also include plenty of ice in a cooler or two, trash bags, a bottle opener, a corkscrew, tongs, a spatula, a roll of foil, plates, plastic glasses, cutlery, drinking water, a good knife, a breadboard, napkins and paper towels, and insect repellent. This last item is key: We've learned from experience that some beaches are visited by swarms of airborne insects that we refer to as "flying jaws."

Caribbean-Style Black Bean and Rice Salad

6 SERVINGS

½	cup olive oil
¼	cup apple cider vinegar
1	tablespoon Dijon mustard
1	teaspoon ground cumin
1	teaspoon minced garlic
2½	cups cooked long-grain white rice (about 1 cup raw), cooled
1	15-ounce can black beans, rinsed, drained
¾	cup chopped red bell pepper
¾	cup chopped yellow bell pepper
¾	cup chopped green onions
	Lettuce leaves (optional)

Whisk oil, vinegar, mustard, cumin and garlic in medium bowl until well blended. Season dressing to taste with salt and pepper.

Combine rice, beans, peppers and onions in large bowl. Toss salad with enough dressing to moisten. Season with salt and pepper. *(Can be made 6 hours ahead. Cover and refrigerate.)*

Line large serving bowl with lettuce leaves, if desired. Spoon salad into bowl and serve.

As to the menu, we like to keep it very simple. Fish, chicken, steaks, ribs and hamburgers have all won their places in the barbecue hall of fame, and we see no reason to try to unseat them at this late date. Grilled marinated vegetables are always a welcome addition. A great salad—like the black bean and rice concoction at left—is another filling accompaniment. Fruit and some decadent brownies make a grand finale.

When the meal is over and you have finished boogying on the shore to the sounds of the Beach Boys, don't forget to check the fire one last time before packing up and heading home—leaving nothing behind but footprints in the sand. ✤

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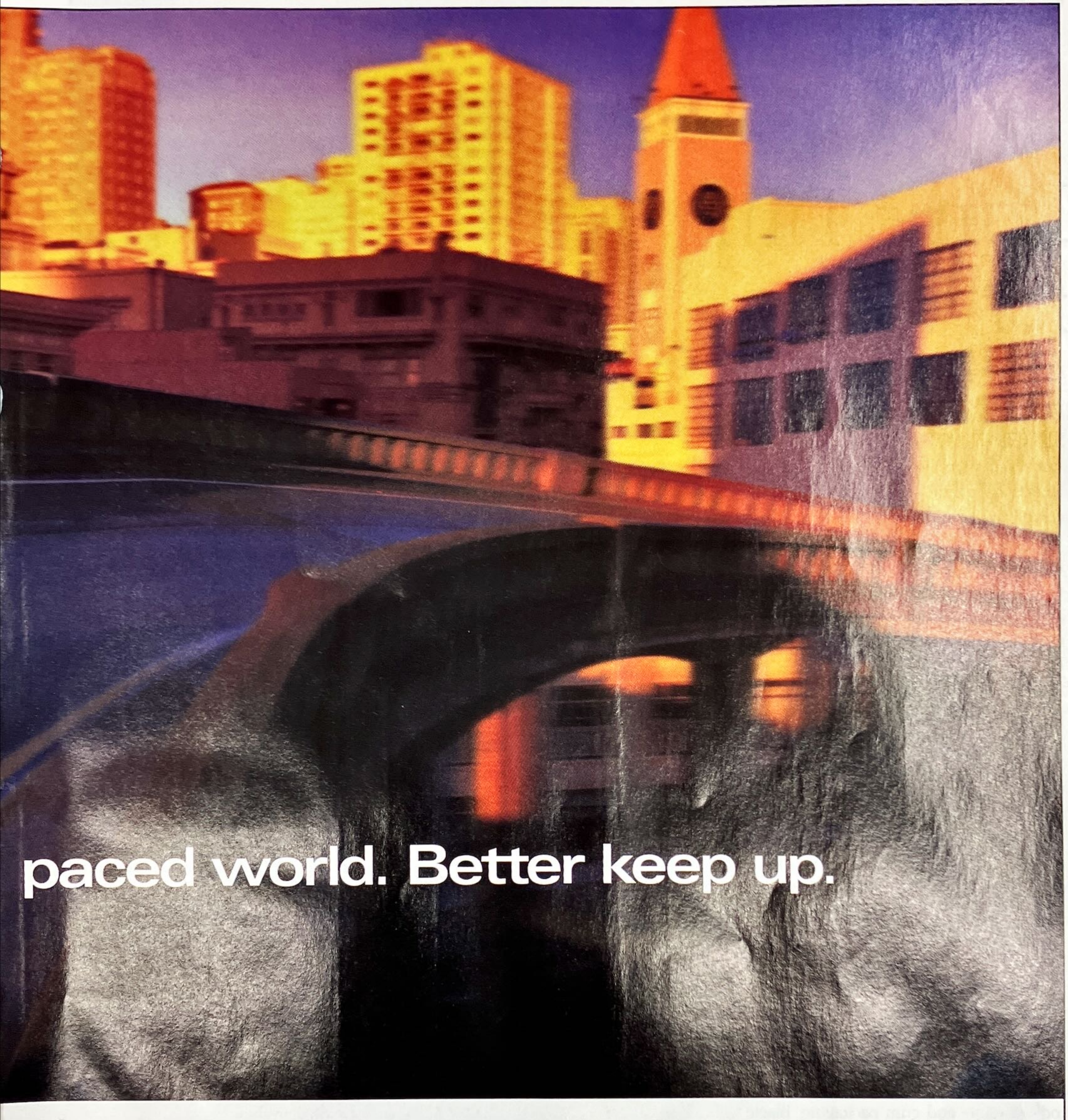

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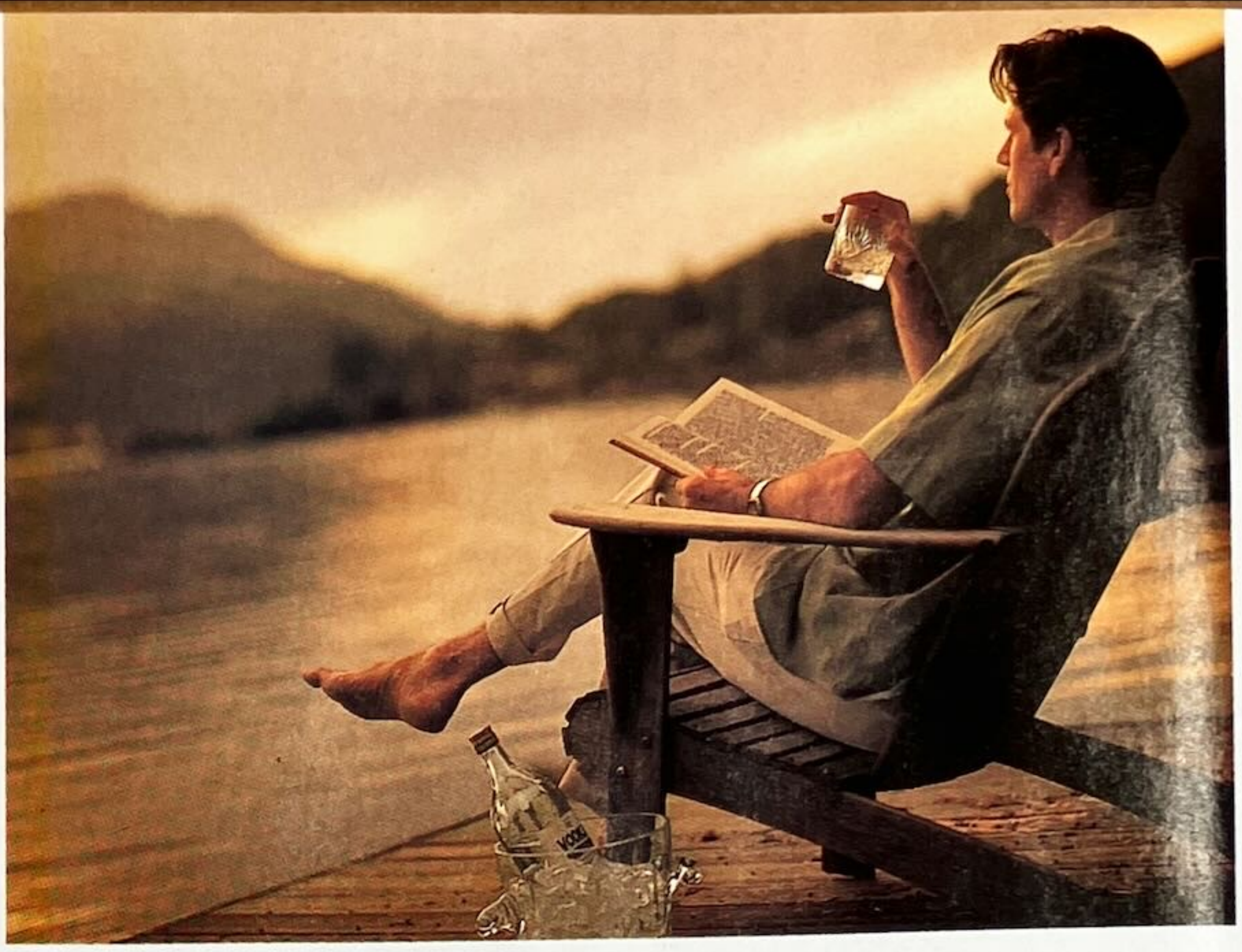
Prime Time for Vodka

By Anthony Dias Blue



PHOTOGRAPHY BY DAVID ROTH

SINCE I LAST covered premium vodkas seven years ago, more of them have landed here than spaceships in *Independence Day.* It's obviously time for a review.

So what's the difference between premiums and the rest of the vodkas on the market? Premiums are made from grains and potatoes, as are other vodkas. However, they are usually produced in small batches, distilled several times and then filtered, a process that leaves these vodkas purer and, thus, better for you—really. Not surprisingly, they're more expensive, too—$12 to $28—but worth the price because they blend flawlessly with a wide range of mixers and are even delicious straight up.

Herewith, in alphabetical order of country of origin, is an update on what's new—and newly hot—on vodka's top shelf.

BELGIUM

Black Death is a novelty premium made in Belgium from sugar beets. (As of September, however, it will be made in England, from grains.) Although the producers had a run-in with the Bureau of Alcohol, Tobacco and Firearms over the vodka's name and grim packaging, Black Death prevailed and is now widely available. Fresh, silky and slightly sweet, it's the only vodka that comes in pop-top cans as well as glass bottles.

BRITAIN

Tanqueray, known primarily for its gin, also makes an elegant premium vodka called **Tanqueray Sterling.** Packaged in a frosted-glass bottle, it is crisp and smooth with plenty of character. A tangy citrus version satisfies those who are looking for a dash of extra flavor.

DENMARK

The **Frïs** brand (pronounced *freeze*) comes in a striking beveled bottle. But it's this vodka's taste—clean and satiny with fragrances of herbs and spice and a mild sweetness—that will win you over.

While most vodka producers use a clear bottle to emphasize the purity of their drink, **Danzka** hides it in an attractive aluminum canteen. This lively, dry premium is also made in a citron version.

FINLAND

Packaged in a bottle that looks as if it were carved out of glacial ice, **Finlandia** will melt your heart with its smooth, mellow, easy-drinking character. Although a veteran on the vodka scene, it has two new flavored versions, cranberry and pineapple.

THE NETHERLANDS (HOLLAND)

Ketel One, handmade in the same family-owned distillery for three centuries, may be the smoothest of all vodkas, with a hint of vanilla aroma and a soft finish. **Royalty**, presented in a blue bottle, has a similarly refined texture and a clean flavor.

POLAND

The Poles and Russians may argue over the birthplace of vodka, but what is beyond dispute is the excellent quality of the latest Polish vodkas. A stunning example is **Belvedere**, which is made entirely from rye and comes in a frosted bottle that depicts Belvedere House, the Polish equivalent of the White House. Another is the exceptional **Luksusowa**, one of the few commercial vodkas that still use potatoes as a base. The result is a superb drink—full-bodied, slightly smoky and quite satiny.

RUSSIA, LATVIA AND ESTONIA

Stolichnaya, Russia's premier vodka, is a model of that country's robust style. The label's latest luxury product is the velvety **Stoli Gold.** Last year the company brought out six jazzy new flavored vodkas—vanilla, strawberry, peach, cinnamon, raspberry and coffee.

A favorite communist-era vodka, **Moskovskaya**, has recently been introduced to the United States. Made in Moscow, it has a slight peppery finish. **Ultraa Vodka** is a silky, creamy-textured émigré from St. Petersburg; **Kremlyovskaya** is a whisper-clean spirit that debuted in 1990.

The most historic vodka name in Russia is Smirnoff. After the fall of communism, the Smirnoffs (who had emigrated to France and then to the U.S.) returned to Moscow, where they now produce a brisk, dry, elegant premium called **Smirnoff Black.**

Russian Roulette is distilled from wheat grown in the regions of Stavropol and Krasnodar and finished with honey. From the countries of Latvia and Estonia come the delicious **Zelta** and **Volganaya** vodkas, respectively.

SWEDEN

The splendid **Absolut** is now the best-selling foreign vodka in America. **Absolut Kurant** is their latest luscious release.

UNITED STATES

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TASTING PANEL REPORT

THE TOP TEN

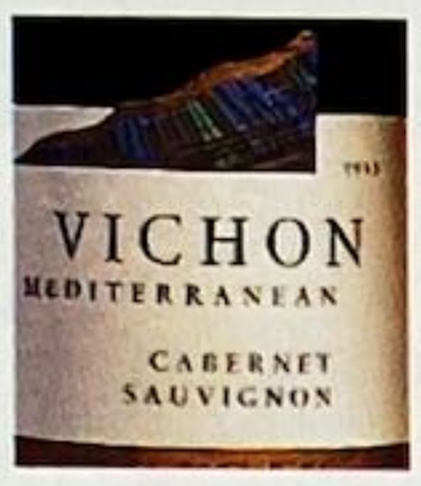
Here are your best bets for the month, selected by the Bon Appétit *Tasting Panel, which meets weekly under the direction of wine and spirits editor Anthony Dias Blue and his associate, Jack R. Weiner.*

1996 Castello d'Albola

Pinot Grigio, Umbria, Italy ($8).
Clean and lively with apple fruit and a bright finish.

1995 Penfolds

Shiraz-Mourvèdre, Bin 2, South Australia ($9).
Opulent, delicious and loaded with blackberry and spice; long and smooth.



1995 Vichon Mediterranean

Cabernet Sauvignon, Vin de Pays d'Oc, France ($10).
Tart and edgy with bright flavors and a crisp finish.

1995 The Chaddsford Winery

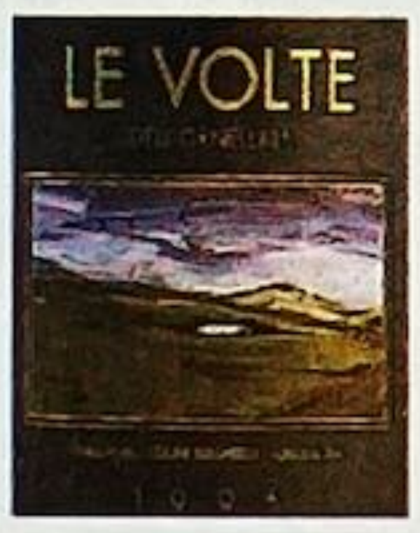
Cabernet Franc, Pennsylvania ($12).
Spicy and herbal; smooth with a rich finish.

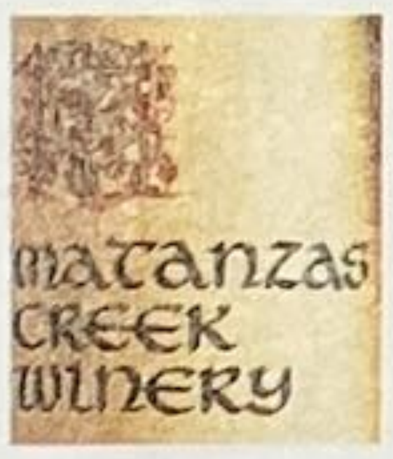
1995 Columbia Crest Winery

Chardonnay, Estate Series, Columbia Valley ($14).
Creamy and clean with honey and oak flavors and good length.

1995 Tenuta dell'Ornellaia

Le Volte, Tuscany, Italy ($16).
"A stunning blend of Cabernet Sauvignon and Sangiovese varieties—lush, rich and bursting with fresh fruit," says panel member Gianni Fassio of Palio d'Asti Ristorante.





1995 Matanzas Creek Winery

Sauvignon Blanc, Santa Rosa ($16.50).
Panel member Larry Walker of *Wine* magazine found this one "spicy with tangy acidity and a long, satisfying finish."

1994 Kunde Estate Winery

Chardonnay, Reserve, Estate Bottled, Sonoma Valley ($22).
Smoky and rich with lovely fruit; long.

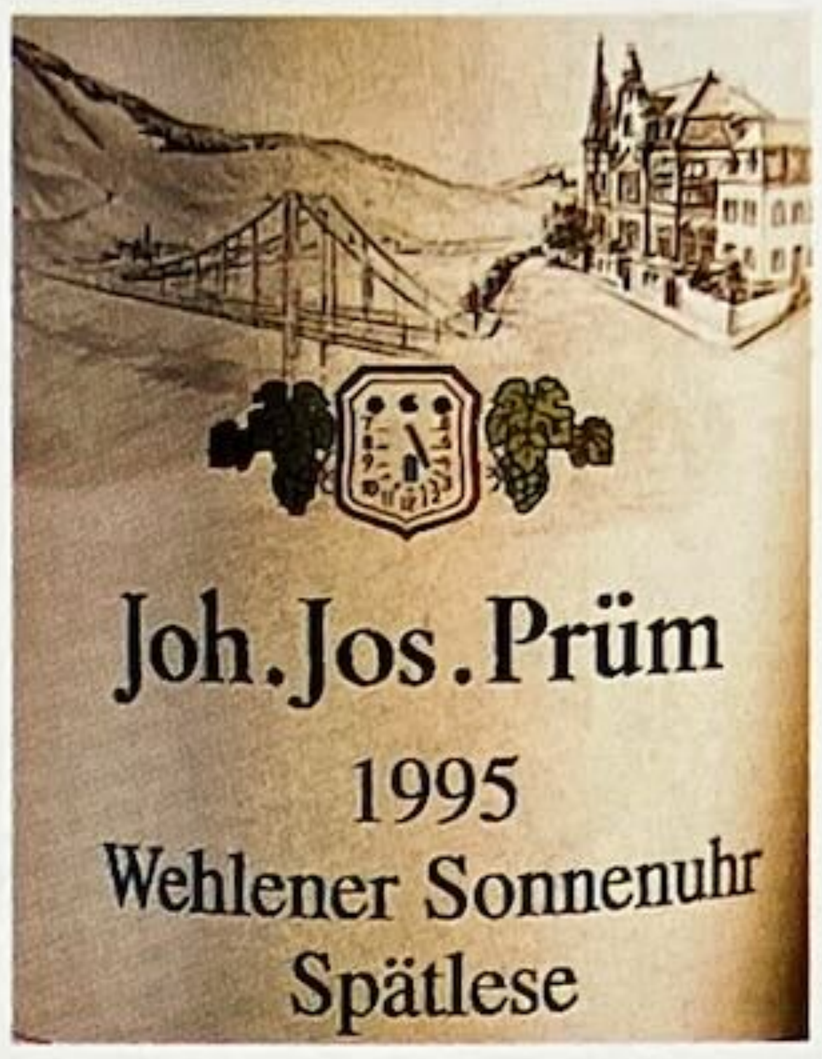
1994 Cambria Winery & Vineyards

Sangiovese, Tepusquet Vineyard, Santa Maria Valley ($25).
Tart and tangy with lots of ripe berry fruit and a lengthy, luxurious finish.

1994 Far Niente

Cabernet Sauvignon, Estate Bottled, Napa Valley ($55).
Lush and dense, elegant and toasty with sweet oak and rich plum fruit. Great now; better in a few years.

Listed prices are approximate and may vary from one state to another.



Wine Focus

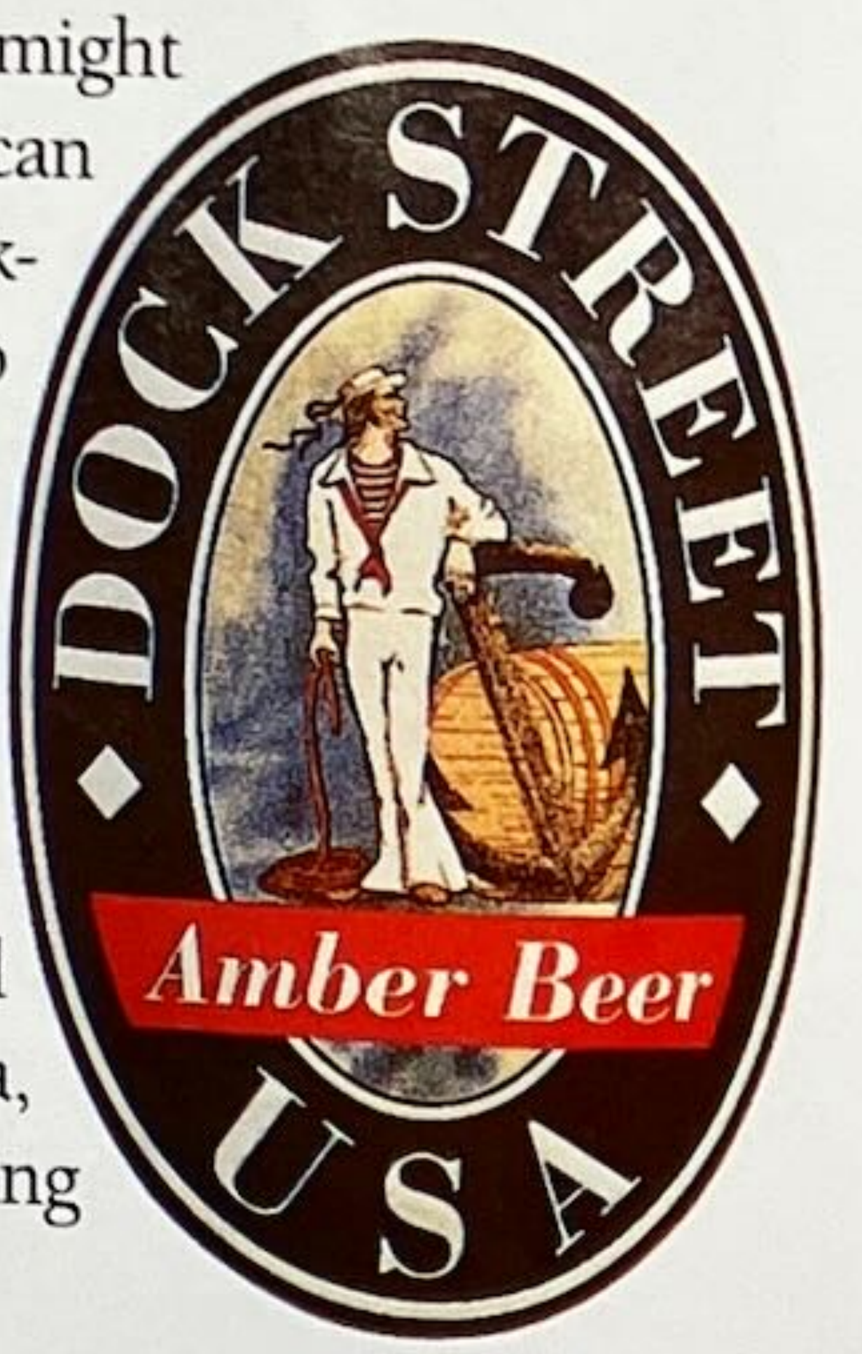
A glass of well-chilled **German Riesling** produced in the late-harvest *Spätlese* style is an excellent choice with summer foods like grilled shrimp. These refreshing wines, most of which are slightly sweet, also complement spicy marinated ribs, chops or vegetables. The 1995 vintage has just come out, and the wines are displaying a great concentration of fruit. Some selections to check out are **Heyl zu Herrnsheim, Trocken, Niersteiner, Oelberg** ($18); **Weingut Selbach-Oster, Bernkasteler, Badstube** ($17); and the award-winning **Joh. Jos. Prüm, Wehlener Sonnenuhr, Mosel-Saar-Ruwer** (above left, $30).

Through the Grapevine

Wine and history buffs looking for a good summer read should take note of ***Passions: The Wines and Travels of Thomas Jefferson*** by James M. Gabler (Bacchus Press, Ltd.; 1995; $29.95). Illustrated with eighteenth-century engravings, the book documents, in almost academic detail, our third president's ardent search for the perfect wine, and logs the thousands of bottles he purchased while in office. (Budget deficit? What budget deficit?).... ***Shaken Not Stirred*** (HarperCollins, 1997, $10) is fun for anyone who loves a good Martini. The pocket-size paperback by Anistatia R. Miller and Jared M. Brown is an offshoot of their Web site (**www.martinis.com/key/**). The book has over two hundred recipes for Martinis of all types, plus tips for home bartenders, listings of top lounges, and Martini-related history and lore.... Some of the best food in Bordeaux has a sweet, smoky flavor from being cooked over post-harvest vine cuttings. **Dbecks Grapevines from France**—vine cuttings imported from Bordeaux—make it possible to grill in winemaker style in your own back yard. Just top the fire with a handful of the wood, and—*voilà*—you have "vintage barbecue." A 16-ounce package costs $14.95 and has enough wood for about ten average-size fires; call 800-953-2325.

PHOTOGRAPHY BY RICK SZCZECHOWSKI; FOR SELECT BUYING INFORMATION, SEE PAGE 101.

Spirits, Beer, etc.



If beer is your traditional barbecue brew, you might want to consider chilling a few all-American amber ales to serve at the Fourth of July cookout. These robust beers stand up well to smoky barbecue flavors. Some of our favorites are **Redhook Extra Special Bitter**, a nationally available brew that has a complex balance of malt and hops; **Boont Amber Ale**, a deliciously creamy choice from Anderson Valley Brewing Company in California; and **Dock Street Amber** (right) of Philadelphia, home of the Liberty Bell. Now *that's* a fitting drink for the holiday fireworks.

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The All-American Condiment

What's there to say about something as common as ketchup? A lot more than you might think.

Text by E.C.K. Read Recipes by Melanie Barnard

OH, ruby-hued darling of the fast-food set! Friend to the weary meat loaf! Savior of preteens faced with Mom's dread veggies! Beloved ketchup!

You have emerged from a murky past—obscure parentage, affairs with dubious ingredients, marriage to the reputedly poisonous tomato—and gone on to rule over Hamburgerland, home also to the French Fry, the Hot Dog, even the Egg.

About 2.5 billion ounces of ketchup, for example, go each year to McDonald's 12,000-plus U.S. outlets, where the condiment is available in less-than-half-ounce packets or at little pumping stations, right next to the mustard.

Sam Levine of Brookline, Massachusetts, major consumer, aged 12, favors the pump. "I can really drown my fries and McNuggets," he says, drawing chicken into ketchup's target area.

Colonel Robert Gibbon Johnson downed a tomato in front of the courthouse, failing to drop dead as many expected he would.

The word for this national addiction—nearly 11 billion ounces of the stuff are wolfed here annually—is generally thought to have come from the Chinese word *kôe-chiap* or *ké-tsiap,* meaning "a brine of pickled fish or shellfish." There's also *kachiap* from the former Siam, the Malay *kēchap* and the Japanese *kitjap*.

Who made the first batch of ketchup? The *Oxford English Dictionary*'s definition is broad enough to embrace almost any brew of any age: "a sauce made from the juice of mushrooms, walnuts, tomatoes, etc., and used as a condiment…." The "etc." leaves the door wide open.

The British, enjoying culinary input from the spicy eastern reaches of their empire, and ever keen to improve the flavor of waning, pre-refrigerant meat and fish, are credited with publishing the first recipe in the English language. According to J. Trager's *Food Chronology,* that recipe appeared in Eliza Smith's *Compleat Housewife* in 1727. Her "katchup" blended anchovies, shallots, vinegar, white wine and a lot of spices.

Fish such as anchovies, together with mushrooms and walnuts, were the principal ingredients of British ketchup through the eighteenth century and on into the nineteenth when, as recorded in Andrew Smith's history, *Pure Ketchup,* the condiment "became the rage…on both sides of the Atlantic." (One imagines midnight ketchup orgies in London and New York.)

The tomato, soon to be ketchup's body and soul, had meanwhile made its way from South America to Europe with sixteenth-century Spanish explorers. While the "love apple" was—and still is—embraced by Italian cooks, it was grown only as an ornamental elsewhere, and

{CONTINUED ON PAGE 40}

PHOTOGRAPHY BY RICK SZCZECHOWSKI

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was thought to be as toxic as its sister, the deadly nightshade.

One small vindication came from Colonel Robert Gibbon Johnson of Salem County, New Jersey, who in 1820 publicly downed a tomato in front of the courthouse, failing to drop dead as many expected he would.

As to the debut of *tomato* ketchup, we have "an earliest published recipe" in 1824 and "a first known recipe" in 1812, but the apparent winner is the "tomata catsup" in Richard Briggs's *New Art of Cookery,* which came out in 1792.

Making ketchup at home, however, was tedious, and commercial brands were on the rise after the Civil War. In 1876, Henry J. Heinz called his first "catsup" a "Blessed relief for Mother...." Much of the commercial stuff—though not Henry's—was born of the tomato-canning industry; trimmings and discards could be boiled down, spiced up and vinegared into a more or less palatable, and profitable, ketchup product.

Today's brands are based on a tomato concentrate made of whole tomatoes. (Heinz, the market leader, commits some two dozen carefully bred hybrids to each 14-ounce bottle.) The rest is usually vinegar, salt, corn syrup, onion powder, spice and flavoring.

Change in the kingdom of ketchup is as slow as the flow from the good old glass bottle. The Heinz recipe today is basically the same as it was in 1876. The only notable variations are low-calorie, low-salt versions and a ketchup-Tabasco duet for heat-seekers.

The sea change has come in the construction of the bottle, with glass having all but given way to the now-pervasive squeeze-me plastic. Does no one care about traditional ketchup values: pounding bottle bottoms, seeking secret tilt-and-tap spots, rejoicing in sudden spurts? Ketchup classicists of the world, unite!

Spicy Barbecue Sauce

This is terrific brushed onto grilled chicken or ribs, or spread onto brisket or barbecued-pork sandwiches.

MAKES ABOUT 1½ CUPS

2 tablespoons vegetable oil
1 medium onion, finely chopped
⅓ cup chopped celery
1 tablespoon minced garlic
1 tablespoon paprika
½ teaspoon cayenne pepper
¾ cup ketchup
½ cup beer
¼ cup apple cider vinegar
1 tablespoon Worcestershire sauce

Heat vegetable oil in heavy medium saucepan over medium heat. Add onion and celery and sauté until tender, about 5 minutes. Add garlic, paprika and cayenne and stir 1 minute. Add ketchup, beer, vinegar and Worcestershire sauce. Reduce heat to medium-low. Simmer uncovered until flavors blend and sauce is slightly reduced, stirring occasionally, about 30 minutes. *(Can be prepared 1 week ahead. Cover and refrigerate.)*

Triple-Bean Bake

A colorful dish that has great texture and deep, rich flavors.

4 TO 6 SERVINGS

5 bacon slices
1 large onion, coarsely chopped
1 tablespoon dry mustard
1½ teaspoons dried thyme
¾ cup ketchup
½ cup apple cider vinegar
⅓ cup robust (dark) molasses
⅓ cup (or more) water
1 bay leaf, broken in half
1 15- to 16-ounce can red kidney beans, rinsed, drained
1 15- to 16-ounce can black beans, rinsed, drained
1 15-ounce can cannellini (white kidney beans), rinsed, drained

1 teaspoon hot pepper sauce (such as Tabasco)

Preheat oven to 350°F. Cook bacon in heavy large ovenproof pot over medium heat until crisp. Using tongs, transfer to paper towels to drain. Crumble bacon and reserve. Add onion to drippings in pot and sauté until almost tender, about 5 minutes. Add dry mustard and thyme and stir 1 minute. Mix in ketchup, vinegar, molasses, ⅓ cup water, bay leaf and all beans. Season with salt and pepper.

Cover pot and bake bean mixture 45 minutes, stirring occasionally and adding more water if mixture seems dry. Mix bacon into beans. Bake 15 minutes longer. Discard bay leaf. Mix in hot pepper sauce and serve.

Cumin-Chipotle Ketchup

Perfect as a topper for steaks, burgers, pork chops, hot dogs and fries. For even more flavor, try brushing the tangy ketchup onto the meat during grilling.

MAKES ABOUT ¾ CUP

1½ teaspoons cumin seeds
¾ cup ketchup
1½ teaspoons chopped canned chipotle chilies* plus 1 tablespoon spicy tomato sauce reserved from can
1½ tablespoons fresh lime juice
1 tablespoon tequila

Stir cumin seeds in heavy small saucepan over medium heat until fragrant and seeds darken, about 1 minute. Transfer to plate and cool. Grind seeds in spice grinder or in mortar with pestle.

Return cumin to same saucepan. Whisk in ketchup, chipotle chilies with 1 tablespoon spicy tomato sauce, lime juice and tequila. Simmer over medium-low heat until ketchup thickens slightly, stirring occasionally, about 5 minutes. Serve warm or at room temperature. *(Can be made 1 week ahead. Cover and chill.)*

**Chipotle chilies canned in spicy tomato sauce are available at Latin American markets, some specialty foods stores and some supermarkets.*

Quick Seafood Cocktail Sauce

Here's an easy-to-make sauce for shrimp or crab claws. It's also good prepared with fresh dill or thyme instead of tarragon.

MAKES 1½ CUPS

1 cup ketchup
3 tablespoons grated onion
3 tablespoons prepared horseradish
2 tablespoons fresh lemon juice
2 tablespoons chopped fresh tarragon

Whisk all ingredients in medium bowl to blend. Cover and refrigerate sauce at least 1 hour or up to 2 days.

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Grilling, Buenos Aires Style

Tasting authentic Argentine cooking at the city's best parrillas

By Norman Kolpas

THERE'S A POPULAR Argentine saying that neatly describes the typical Buenos Aires citizen, known as a *porteño:* "a Spaniard who talks like an Italian, behaves like a Frenchman and wishes he were British." This aphorism also aptly sums up the port city's ethnic mix, and such a cosmopolitan air makes this, Argentina's capital and the world's tenth-largest city, a European-style metropolis dubbed "the Paris of the south."

The aphorism should go one step further, however. When a porteño wants to dine well, he turns his back on Europe and eats like a gaucho, a cowboy of the Pampas. The Pampas is where Argentina raises some of the world's finest beef; and, as anyone in Buenos Aires will tell you, that beef must be cooked gaucho style on a cast-iron grill called a *parrilla.* The restaurants specializing in grilled beef are also called parrillas, and every one of the city's 50 *barrios,* or neighborhoods, has its favorites. In fact, hundreds of parrillas crowd the city, the best offering robust meals and glimpses into the unique character of their barrios.

Leisure time and grilled meals go hand in hand for many Argentine families.

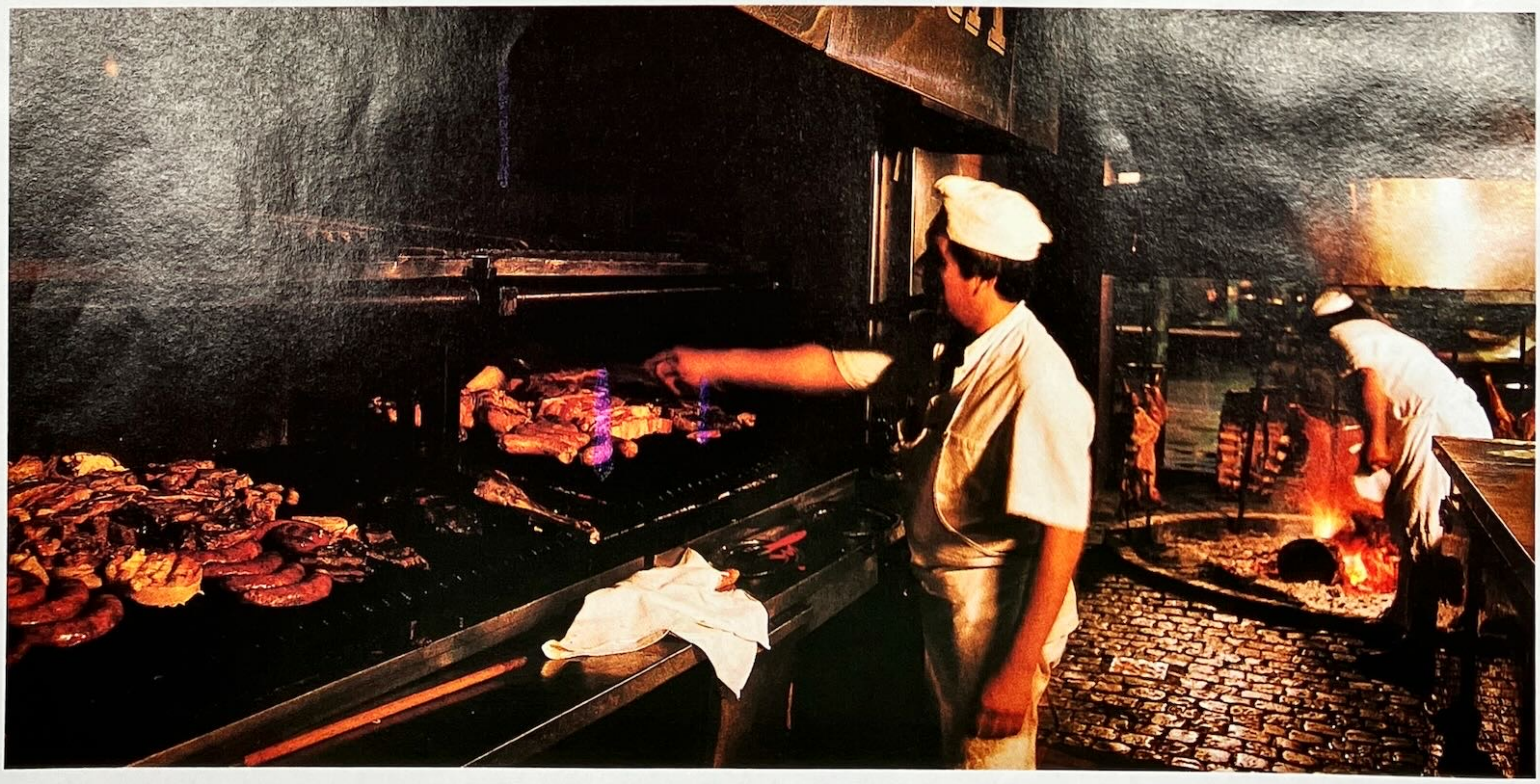
For a Buenos Aires parrilla at its most *tradicional,* start in the bustling heart of the city at either **La Chacra** ("The Farm") or **La Estancia** ("The Ranch"), both steps away from the world's widest avenue, 9 de Julio. As the names suggest, these parrillas evoke Argentina's ranching heritage, but the customers don't: The lunchtime clientele is businessmen and shoppers, and the evening crowd is made up of people attending the opera at the magnificent turn-of-the-century Teatro Colón nearby or a film at one of the many cinemas along the pedestrians-only street, Lavalle, where La Estancia is located. (Incidentally, restaurants here only fill after the theater, around 9:00 P.M., and stay open until 2:00 or 3:00 A.M.)

The two restaurants are very similar. Both have big wood-and-leather chairs, high-ceilinged halls with rows of tables covered in white cloths, and stuffed steers guarding the entrances, and on display behind glass partitions are the huge parrillas. Career waiters in white jackets and bow ties take orders for prime Argentine cuts like *bife de chorizo* (similar to a rump steak), *bife de lomo* (sirloin) and *bife de costilla* (T-bone).

The steaks are noticeably less marbled than their American counterparts. "They're low in fat and very healthy," says La Chacra's owner, Manuel Camiño Darriba. His claim is backed by statistics from the Argentine Nutrition Institute showing that these prime cuts contain only 4 to 10 percent fat. Granted, this leaner meat is a bit chewier, but it also has a beefier taste, nicely complemented by *chimichurri,* a ubiquitous sauce of parsley, garlic, oregano, bay leaves, red chilies, oil and vinegar.

To accompany the steak, the waiters at these places will suggest the side dishes Argentines eat: french-fried potatoes and a salad of lettuce, tomato and sweet onion. A glass of Argentine red wine or a brisk local lager nicely washes down such simple fare.

While La Chacra and La Estancia pay homage to rural traditions, they remain unabashedly urban. For a more rustic experi-



PHOTOGRAPHY BY GUY KLOPPENBURG

Sensational steaks and sausages cooking on the *parrilla,* a large cast-iron grill, are the focal point in the open kitchen at La Chacra.

Cabaña Las Lilas serves classic Argentine food in a chic modern setting.

ence, take a quick taxi ride north to **La Tranquera**. "The name means 'gateway to the countryside,'" explains maître d' Juan Hernandez. The leafy barrio of Nuñez does indeed have a rural feel to it that's only strengthened at the restaurant's entrance, where sides of beef, kid, lamb and suckling pig crackle on the *asador*, an open roasting pit.

In La Tranquera's vast dining room, waiters present orders of steaks from the asador along with family-size *parrilladas* of grilled beef, sausages and the offal that locals relish. Families often amble in for lunch after weekend strolls, since leisure time and grilled meals go hand in hand for many Argentine families.

Nowhere is that more true than at the places along the Costanera Norte, the "northern coastal road" bordering the River Plate. Here, dozens of chic parrillas have evolved from carriages that once served food to sunbathers in the 1950s.

Among the most popular is **Los Años Locos**, which began during the "crazy years" of political chaos following President Juan Perón's exile in 1955. The only thing chaotic now about this gleaming glass-and-stucco restaurant is the crowd of families waiting in the foyer. At least the queue offers a good view of the glassed-in kitchen, where cooks carve steaks to order and toss them onto the grill.

Befitting the coastal location, the menu includes grilled fresh sole and salmon, although it's hard to pass up the steak. Meals often end with huge ice cream sundaes for the whole family to share, luring back children who have been chasing one another around the tables.

Messy desserts and youthful free-for-alls are rarities at **La Raya**, a small parrilla as demure as the slightly faded mansions of its Palermo neighborhood, near the botanical gardens. Pale wainscoting, tinted mirrors and beige wall fabric conjure an air of hushed sophistication, and the dining room is unmarred by the sight of the grill, kept here behind the scenes.

"Our customers don't like to eat in places with smoke and gauchos and stuffed steers," explains Claudio Codina, who four years ago took over management of the 54-year-old restaurant from its founder—his grandfather, Carlos Vinagre. La Raya's refined sensibility is evident in the menu, which offers more than beef in items like omelets, homemade pastas and sautéed chicken breasts.

A more contemporary refinement is the aim of several parrillas that have sprung up in recent years. One of the most prominent is **Shorthorn Grill**, which in 1992 became the only parrilla among the fashionable establishments of the city's "restaurant row" in Recoleta.

Cheerful oil paintings of farm animals on the brick-and-burlap walls set a refreshingly offbeat tone. Young, friendly waiters present menus that list 17 ingredients from which to create a salad *a su gusto*. Steak choices are streamlined and include *ojo de bife* (rib eye) and a *medallón de lomo* (tenderloin) that's the size and shape of a baseball. The meat comes out generously seasoned with salt and cooked perfectly to order, for which owner Rodolfo Buonocore credits 21-year-old grill chef Ariel Suarez: "He can just look at it and know when it's ready, even when the parrilla is covered in steaks."

You'll find a similarly fresh approach at **La Caballeriza** in the wealthy suburb of San Isidro. Since 1990 the parrilla has occupied a converted stable across the street from a racetrack. On a nice afternoon or evening, the best place to sit here is the grapevine-covered courtyard, where pretty *porteña* waitresses dressed like chic stable hands (if that's possible) are just as likely to serve up platters of grilled vegetables as juicy steaks.

More recently, the restaurant has recreated its winning formula in Puerto Madero, a trendy dockland redevelopment. The second Caballeriza shares the ground floor of a century-old waterside brick warehouse with arguably the best new parrilla in town, **Cabaña Las Lilas**.

Less than two years old, this is the first Buenos Aires restaurant of a leading cattle-breeding operation. Photos of prizewinning steers decorate a waiting area facing the glass-enclosed parrilla, while beyond lies a spacious dining room where guests view the docklands through picture windows.

Visitors are welcomed by smartly dressed young waiters with trays of grilled peppers, plump sun-dried tomatoes and marinated fresh mozzarella, along with freshly baked breads. "This announces that we're more open to the modern world," says manager Alejandra Ponce. Their food is the product of not one, but two head chefs: Alfonso Nievas at the grill, and Leo Suckewer in charge of everything else.

"I try to complement whatever comes from the parrilla," says 26-year-old Suckewer, whose six years of cooking experience in Europe shows not just in the first tidbits, but also in such innovative steak accompaniments as soufflé potatoes and whole baked onions. He justifiably takes pride in desserts that go far beyond the flans, crepes or sundaes of the city's older establishments, yet stay true to tradition. A perfect example is the beguiling composition of two scoops of praline ice cream nestled in peach halves that have first been quickly seared on the blazing hot bars of—what else?—a parrilla. Because in grill-crazed Buenos Aires, even desserts can have a touch of the fire. ⁂

Getting There

Cabaña Las Lilas
Avenida Adolfo
Davila 516
313-1336

La Caballeriza
Dardo Rocha 1740
717-1162

Avenida Alicia Moreau
de Justo
314-2650

La Chacra
Avenida Córdoba 941
322-1409

La Estancia
Avenida Lavalle 941
326-0330

La Raya
Ortiz de Ocampo 2566
802-5763

La Tranquera
Avenida Figueroa
Alcorta 6464
784-6119

Los Años Locos
Avenida Rafael
Obligado y La Pampa
783-5126

Shorthorn Grill
Roberto M. Ortiz 1813
804-4562

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ASK BON APPÉTIT

Southern Smoke

A few months ago, I took a trip through the South. One of the best parts of that vacation was the barbecue. I know that I won't be able to re-create the long-smoked, slow-cooked flavor and texture in my own back yard, but is there anything I can do with a charcoal barbecue to get *some* smoked flavor?

John Alvarez
Salinas, California

It's true that it would be difficult to duplicate the flavor and texture of authentic southern barbecue, which involves from four hours to two days of cooking. What most of us do in our back yards—cook foods over high temperatures for a relatively short time—is more accurately called *grilling*. You can achieve smoked flavor in a charcoal barbecue, though, with the help of wood chips.

There are many different types of wood chips sold for grilling. The kind you choose could depend on what you're planning to grill. For example, oak chips impart a strong smoked taste that stands up to beef; the flavor from hickory is great with pork; fruity woods like apple and cherry work nicely with poultry; and alder wood provides a light flavor that goes well with fish.

Wood chips can be found at shops that specialize in barbecue equipment, through some cookware catalogs and even at some grocery stores. They are also available by mail from Luhr Jensen & Sons in Oregon in 1¾-pound packages for $3.75 each, plus shipping. Call 800-535-1711 to order.

When you're ready to barbecue, soak the wood chips in water for at least 30 minutes so that they will only smoke, not flame. Place a handful of chips on top of the burning charcoal, being careful not to extinguish the flames with the wet chips. Put the food on the grill, close the lid on the barbecue and open the vent. The heat from the coals will cause the wood to smoke.

Wood-chip smoking can also be done in a gas grill, but take precautions to protect the heating element from the smoking wood and ashes. Simply buy a small aluminum loaf pan at the grocery store, and place the soaked wood chips in the pan. Setting the pan onto the heating element in your gas grill will cause the chips to smoke. There won't be any mess when you're finished because all the ashes will be in the pan.

It's important to note that you may need to barbecue meats for up to an hour in order to achieve the desired smokiness, so keep the temperature in the barbecue low to avoid overcooking. Also, keep a meat thermometer handy to ensure that everything is cooked completely. You can pick up more great tips for barbecuing with wood chips in *Smoke & Spice* (The Harvard Common Press, 1994) by Cheryl Alters Jamison and Bill Jamison.

—By Katie O'Kennedy

A Screen for Greens

I love grilling vegetables in the summertime, but how can I keep them from falling onto the coals?

Marge Moore
Denver, Colorado

The best thing to do is to buy a grilling rack. Some have grates that run both horizontally and vertically, creating square openings that are too small to let vegetables or delicate foods, such as fish, fall through. Others are made from metal sheets that have small holes punched out (see above). Either way, the racks can be placed right on top of the grill (those with handles are easier to use).

Grilling racks are sold in cookware stores and barbecue specialty shops, or order one by mail from Char-Broil's *Grill Lover's Catalog*. The company sells a 12-by-16-inch nonstick porcelain-on-steel rack (the kind with holes) for $24.99, plus shipping and handling. To request a catalog or to order a grilling rack, call 800-241-8981.

Something puzzling you about a recipe, an ingredient, an obscure kitchen tool or a culinary technique? Please send your questions to Ask *Bon Appétit*, 6300 Wilshire Boulevard, Los Angeles, CA 90048. All submissions become the property of *Bon Appétit* and will not be returned; submissions may be edited and may be published or otherwise used in any medium. Because of the volume of mail received, we regret that we are unable to answer all inquiries personally.

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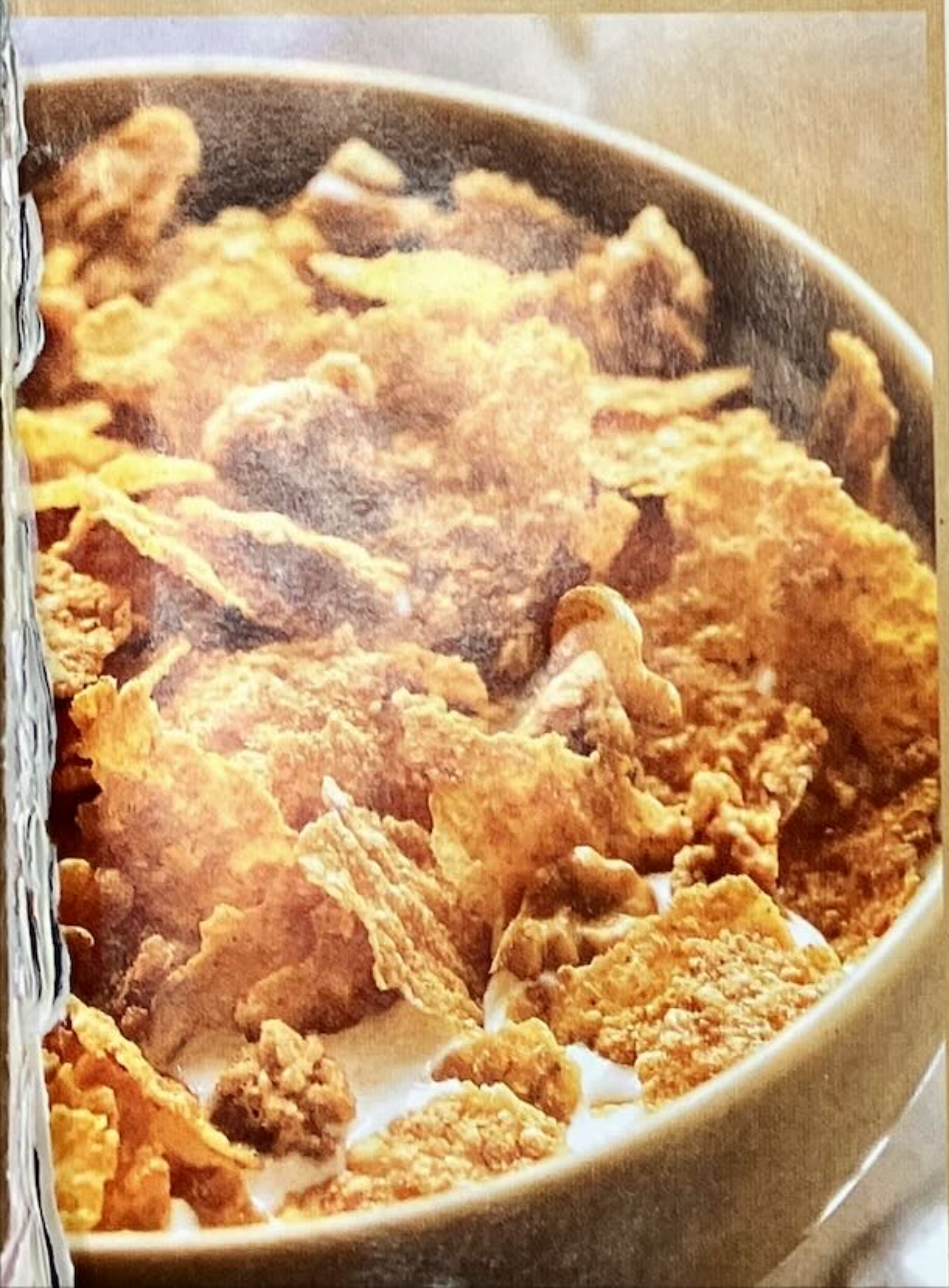

Post
Morning Traditions
Great Grains
Post
Morning Traditions
Blueberry Morning
Post
Morning Traditions
Banana Nut Crunch
Cereal

BON VIVANT

BY SARAH SMITH POOLE

WHAT'S NEW. WHAT'S HOT. WHAT'S GOOD.

In Full Bloom

At $2.50 each, these plastic flower bowls (above) cost less than an exotic blossom—and they'll never wilt. The eight-inch all-purpose bowls are available in pink, green, orange and blue. At Pier 1 Imports stores nationwide; call 800-447-4371 for locations.

Hamburger Helpers

Here's a trio of sauces (right) that should get you fired up for summer cookouts. Fat Fred's is a smoky-sweet mix that finishes with a kick ($4; 800-663-7427). Ketchapeño is a fiery topper for burgers and fries ($9 for two bottles; 800-352-8671). The Legend "Deep South" sauce from Seasons Harvest is thick and rich with herbs and molasses ($7; 800-621-5075).

FAT FRED'S
KETCHAPEÑO
Legend

Flight Check

Hot dogs and hamburgers fly across red, green or blue gingham backgrounds on the new barbecue accessories (right) from Grilla Gear. Aprons sell for about $15; mitts are around $6. Call 800-545-4411 for a retailer near you.

GRILLA GEAR

Fish Bowl

Shepardson Studios has created a reservoir of cool, refreshing color in a fused-glass bowl (below) that's perfect for salads and other summer dishes. The 12-inch-diameter handmade piece is available in light blue (shown) and other aquatic colors, and costs $155, shipping included; call 413-587-0113 to order.

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Grilla Gear

The Wurst Option

Succulent sausages from Balducci's—available in a variety of flavors—are a delicious alternative to grilled steaks or chicken. A sampler pack includes one pound of each kind: sweet pork, spicy pork (shown at right), chicken, veal, lamb, and parsley and cheese. It's $42, plus overnight shipping; call 800-225-3822 to order (ask for item no. 4868).

'Cue Sticks

These hand-painted "Jardin" barbecue utensils (right) by B.K. Handin make grill *Meisters* look great—even when they burn the burgers. The set costs $45, plus shipping (other designs are also available); call 818-505-0312 to order.

Hawaiian Bunch

Capturing island flavor is easy with luscious preserves (above) from the Kea Lani Hotel on Maui. Try the orange-mango marmalade (shown), pineapple-coconut jam and guava-lime jelly. A box of three is $14.25, plus shipping; call 800-659-4100.

Grilling Blues

Kingsford's barbecue bucket (left) is a useful fire pit—to go. The lightweight portable grill has a removable base and a generous 155-square-inch cooking surface. It comes in blue (shown; $54.95) or black ($49.95), shipping included. Call 800-585-4745 to order.

Here's the Scoop

I scream, you scream, we all scream for ice cream—especially when it's served with this penguin scooper (left) from Ekco. Part of the new Zoo Tools collection, it has a nonstick aluminum dipper and a plastic body, and sells for about $10 at cookware stores nationwide; call 800-367-3526 for locations.

PHOTOGRAPHY BY CYNTHIA BROWN

GREAT GRILL MENUS

Three summer parties featuring three summer favorites—ribs, fish and chicken—in delicious new ways

BY MICHAEL MCLAUGHLIN

PHOTOGRAPHY BY MARK THOMAS

The back-yard barbecue with an Asian accent: coconut-lime shrimp with peanut sauce to start; sticky, smoky teriyaki spareribs; and eggplant and watercress salad with toasted sesame seeds. (Recipes for this menu are on page 54.)

"IF YOU CAN'T STAND THE HEAT, GET OUT OF THE KITCHEN"

IS MY SUMMERTIME MOTTO.

When the weather begins to sizzle, so does my grill, upon which nearly every meal I'll make between now and Christmas will get cooked. (I confess to owning a hooded parka with barbecue sauce stains on the front.)

There are two reasons why grilling brings this cook happiness. First, it is a casual and forgiving cooking method that requires the minimum of technical know-how, summed up thusly: Don't touch hot metal, and don't leave the dog alone with the steaks. Second, the food is terrific—flavorful, juicy and just as much fun to eat and appreciate as to prepare.

If you happen to be a beginner, know that the know-how will come quickly with experience. That the food is terrific, however, can be learned right here, right now, fully illustrated by the three menus that follow. Each one is filled with the very best ingredients of the season, and each one is accented with a flavor nuance all its own—New American, Asian or southwestern.

Let me suggest that these recipes will also illustrate another grilling truth: That with the application of a simple marinade or glaze, preferably stirred up from a few pantry staples and an herb or a chili or two, you can elevate your grill cuisine from the merely delicious to the completely sensational. And there's a bonus. Tinkering with such easy-to-make culinary potions, ointments and salves is *exactly* the kind of messing around in the kitchen that makes grill cooks (formerly mostly male, ranks now fully integrated) feel creatively fulfilled. That the dishes also happen to taste absolutely wonderful is just so much icing on the cake.

Which is, so far, one of the few things I haven't improved by slapping it on the grill.

New American Menu for Six

Cold Tomato-Thyme Soup with Grilled Garlic Croutons

Orange-Rosemary Chicken

Grilled-Vegetable Pasta Salad with Parsley Vinaigrette

Chardonnay or Sauvignon Blanc

Lemonade

Watermelon

Brownies

Cold Tomato-Thyme Soup with Grilled Garlic Croutons

Tomato time is the best time to put this do-ahead soup (opposite, right) on the menu.

6 SERVINGS

5 tablespoons olive oil (preferably extra-virgin)
2 cups finely chopped onions
¾ cup finely chopped peeled carrots
2½ teaspoons finely chopped garlic
1 bay leaf
3 pounds ripe tomatoes, halved, seeded, chopped (about 5 cups)
3 cups canned low-salt chicken broth
3 tablespoons finely chopped fresh thyme or 1 tablespoon dried

1 cup hickory smoke chips, soaked in water 30 minutes, drained
3 ¾-inch-thick slices sourdough bread
1 garlic clove, halved

Fresh thyme sprigs (optional)

Heat 4 tablespoons oil in heavy large pot over medium heat. Add onions, carrots, finely chopped garlic and bay leaf. Cover; cook until carrots are tender, stirring occasionally, about 10 minutes. Add tomatoes. Cover; cook until tomatoes release juices, about 10 minutes. Uncover; cook until juices evaporate, stirring often, about 20 minutes. Add broth and chopped thyme. Partially cover pot and simmer until mixture is reduced to 6 cups, stirring occasionally, about 10 minutes longer.

Cool soup slightly. Discard bay leaf. Puree half of soup in blender. Stir into soup in pot. Season with salt and pepper. Chill uncovered until cold, then cover. *(Can be made 1 day ahead. Keep chilled.)*

Prepare barbecue (medium heat). Place smoke chips in 8x6-inch foil packet with open top. Set packet atop coals about 5 minutes before grilling. Brush 1 tablespoon oil over both sides of bread slices. Grill bread until lightly browned, about 2 minutes per side. Rub garlic clove halves over bread. Cut bread into ¾-inch cubes.

Divide cold soup among bowls. Top with croutons. Garnish with thyme.

Orange-Rosemary Chicken

It's almost as quick to make the citrus-herb glaze that coats the chicken (opposite) as it is to open a bottle of barbecue sauce—and the glaze has a far more interesting taste. Pour a Chardonnay or Sauvignon Blanc for the grown-ups; the kids should have lemonade. Finish up with watermelon and brownies.

6 SERVINGS

1 12-ounce container frozen orange juice from concentrate, thawed
⅓ cup dry white wine
⅓ cup honey-Dijon mustard
2 tablespoons finely chopped fresh rosemary or 2 teaspoons dried
4 teaspoons soy sauce
2 teaspoons hot pepper sauce (such as Tabasco)
1 large garlic clove, chopped

1 cup hickory smoke chips, soaked in water 30 minutes, drained
2 7-pound chickens, each cut into 8 pieces (breasts halved if large)

Blend first 7 ingredients in processor. Set orange glaze aside.

Prepare barbecue (medium heat). Place smoke chips in 8x6-inch foil packet with open top. Set packet atop coals about 5 minutes before grilling. Sprinkle chicken with salt and pepper. Grill chicken until golden, turning occasionally, about 5 minutes per side. Continue grilling chicken until cooked through, brushing glaze over chicken and turning occasionally, about 25 minutes longer. Transfer to platter.

{CONTINUED ON PAGE 53}

Terrific takes on July classics: cold tomato-thyme soup with garlic croutons; grilled chicken with an orange-rosemary glaze; and mixed-vegetable pasta salad with parsley vinaigrette.

Grilled-Vegetable Pasta Salad with Parsley Vinaigrette

For extra eye appeal, use tricolor pasta in this fresh-from-the-garden salad.

6 SERVINGS

1 cup coarsely chopped fresh Italian parsley
3 tablespoons red wine vinegar
1 large garlic clove
½ cup plus 2 tablespoons olive oil (preferably extra-virgin)

¾ pound fusilli pasta

1 cup hickory smoke chips, soaked in water 30 minutes, drained

2 large ears fresh corn, husked
2 large zucchini, trimmed, halved lengthwise
1 large red onion, sliced into 3 large rounds

Blend parsley, vinegar and garlic in processor until parsley is finely chopped, scraping down sides of bowl twice. With machine running, gradually add ½ cup olive oil. Season vinaigrette to taste with salt and pepper.

Cook pasta in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally. Drain pasta. Rinse under cold water and drain again. Transfer to large bowl. Mix in 2 tablespoons vinaigrette.

Prepare barbecue (medium heat). Place smoke chips in 8x6-inch foil packet with open top. Set packet atop coals about 5 minutes before grilling.

Brush corn, zucchini and onion with remaining 2 tablespoons oil. Sprinkle with salt and pepper. Grill vegetables until cooked through and beginning to brown, turning often, about 12 minutes. Cool slightly. Cut kernels from corncobs. Cut zucchini and onion into ½-inch pieces.

Add corn kernels, zucchini and onion to pasta in large bowl. Mix in enough vinaigrette to coat. Season to taste with salt and pepper. *(Can be prepared 8 hours ahead. Cover and refrigerate. Bring to room temperature before serving.)*

Southwestern Menu for Six

Salsa and Tortilla Chips

Grilled Swordfish Verde

Jicama and Grilled Red Pepper Slaw

Mexican Beer

Grilled Pineapple with
Tequila-Brown Sugar Glaze

Grilled Swordfish Verde

The verde on the succulent swordfish (opposite) comes from the cilantro and chili marinade and a silky avocado mayonnaise. Start out with salsa and tortilla chips, and serve Mexican beer throughout the meal.

6 SERVINGS

AVOCADO MAYONNAISE

1½ large avocados, pitted, quartered
5 tablespoons mayonnaise
1 tablespoon fresh lime juice
¾ teaspoon hot pepper sauce (such as Tabasco)

SWORDFISH

1 cup thinly sliced green onions
¾ cup (packed) cilantro leaves
3 tablespoons extra-virgin olive oil
3 tablespoons fresh lime juice
1½ tablespoons grated lime peel
1½ tablespoons golden brown sugar
1 tablespoon coarsely chopped seeded jalapeño chili
6 8-ounce swordfish steaks (about ¾ inch thick)

1 cup hickory smoke chips, soaked in water 30 minutes, drained

FOR AVOCADO MAYONNAISE: Puree all ingredients in blender, scraping down sides occasionally. Season with salt and pepper. *(Can be made 4 hours ahead. Cover; chill.)*

FOR SWORDFISH: Blend first 7 ingredients in processor until almost smooth. Season with salt and pepper. Pour marinade into 13x9x2-inch glass baking dish. Add swordfish, turning to coat. Cover and refrigerate 2 hours, or let stand at room temperature 1 hour, turning fish twice.

Prepare barbecue (medium heat). Place smoke chips in 8x6-inch foil packet with open top. Set packet atop coals about 5 minutes before grilling. Grill fish until cooked through, basting often with marinade, about 4 minutes per side.

Serve fish with avocado mayonnaise.

Jicama and Grilled Red Pepper Slaw

Sweet and crunchy jicama and smoky grill-roasted peppers and green onions combine in this attractive side dish (opposite).

6 SERVINGS

1 cup hickory smoke chips, soaked in water 30 minutes, drained
8 large green onions, trimmed
4½ tablespoons corn oil
3 large red bell peppers

5 tablespoons fresh orange juice
1½ tablespoons fresh lime juice
1 tablespoon honey
¾ teaspoon ground cumin
1 jicama (about 18 ounces), peeled, cut into matchstick-size strips

Prepare barbecue (medium-high heat). Place smoke chips in 8x6-inch foil packet with open top. Set packet atop coals about 5 minutes before grilling. Brush green onions with 1½ tablespoons oil. Grill until lightly browned, turning often, about 4 minutes. Cut onions into ¼-inch pieces. Place in large bowl. Grill peppers until lightly charred, turning often, about 10 minutes. Enclose in paper bag; let stand 10 minutes. Peel and seed peppers; cut into ¼-inch-wide strips. Add to onions.

Whisk orange juice, lime juice, honey, cumin and 3 tablespoons oil in small bowl. *(Vegetables and dressing can be made 8 hours ahead. Cover separately and refrigerate.)* Add jicama and dressing to grilled vegetables; toss to coat. Season with salt and pepper.

Grilled Pineapple with Tequila-Brown Sugar Glaze

6 SERVINGS

¾ cup tequila
¾ cup (packed) golden brown sugar
1½ teaspoons vanilla extract

{RECIPE CONTINUED ON PAGE 54}

Perfect for any summer fiesta: grilled swordfish *verde* with avocado mayonnaise, and refreshing jicama, red bell pepper and green-onion slaw.

¼ teaspoon ground cinnamon
1 large pineapple, peeled, cored, cut into 2x1-inch pieces
6 bamboo skewers, soaked in water 30 minutes, drained

Stir first 4 ingredients in small bowl until sugar dissolves. Thread pineapple pieces onto 6 skewers, dividing equally. *(Tequila mixture and pineapple skewers can be made 8 hours ahead. Cover separately and chill.)*

Prepare barbecue (medium heat). Grill pineapple until brown, basting with tequila mixture and turning occasionally, about 10 minutes total. Remove pineapple from skewers; serve hot or warm.

Asian Menu for Four

Coconut-Lime Shrimp with Peanut Sauce
Pan-Asian Teriyaki Spareribs
Eggplant and Watercress Salad with Sesame
Japanese Beer
Mango Sorbet and Gingersnap Cookies

Coconut-Lime Shrimp with Peanut Sauce

4 SERVINGS

PEANUT SAUCE
⅓ cup creamy peanut butter (do not use old-fashioned style or freshly ground)
¼ cup canned low-salt chicken broth
2 tablespoons canned unsweetened coconut milk*
1 teaspoon fresh lime juice
1 teaspoon soy sauce
1 teaspoon fish sauce (nam pla)**
1 teaspoon hot pepper sauce (such as Tabasco)

SHRIMP
1 cup coarsely chopped fresh basil
½ cup canned unsweetened coconut milk
1½ tablespoons finely chopped garlic
1½ tablespoons fresh lime juice
1 tablespoon minced peeled fresh ginger
2 teaspoons soy sauce
2 teaspoons fish sauce (nam pla)
2 teaspoons golden brown sugar
20 large shrimp, peeled, deveined

1 cup hickory smoke chips, soaked in water 30 minutes, drained
4 bamboo skewers, soaked in water 30 minutes, drained

FOR PEANUT SAUCE: Puree all ingredients in processor until smooth. *(Can be prepared 1 day ahead. Cover and refrigerate. Bring to room temperature before using.)*

FOR SHRIMP: Blend first 8 ingredients in processor until almost smooth. Transfer marinade to 13x9x2-inch glass baking dish. Add shrimp and turn to coat. Cover and refrigerate 2 hours, turning occasionally.

Prepare barbecue (medium-high heat). Place smoke chips in 8x6-inch foil packet with open top. Set atop coals. Thread 5 shrimp onto each of 4 skewers. Grill until just cooked through, basting with marinade, about 2 minutes per side.

Serve shrimp with peanut sauce.

**Available at Indian, Asian or Latin American markets and many supermarkets.*

***Available at Asian markets and in the Asian section of many supermarkets.*

Pan-Asian Teriyaki Spareribs

Mango sorbet and gingersnaps would be a lovely dessert.

4 SERVINGS

2 3-pound racks pork spareribs, trimmed

1 12-ounce bottle thick teriyaki baste and glaze
⅓ cup dry Sherry
4 teaspoons dark brown sugar
1 tablespoon finely chopped peeled fresh ginger
1½ teaspoons chili-garlic sauce*

1 cup hickory smoke chips, soaked in water 30 minutes, drained

Position rack in middle of oven and preheat to 375°F. Sprinkle ribs with pepper. Wrap each rib rack tightly with heavy-duty foil. Set packets on large rimmed baking sheet. Bake ribs until just tender, about 1 hour 15 minutes. Cool ribs 30 minutes in foil. Unwrap foil. Pour all juices from ribs into medium bowl. *(Can be made 1 day ahead. Cover ribs and pan juices separately and chill.)*

Spoon off and discard fat from surface of pan juices. Stir teriyaki baste and next 4 ingredients into pan juices.

Prepare barbecue (medium heat). Place smoke chips in 8x6-inch foil packet with open top. Set packet atop coals about 5 minutes before grilling. Grill ribs until heated through and well glazed, turning and basting often with teriyaki mixture, about 20 minutes total.

**Available at Asian markets and in the Asian section of many supermarkets.*

Eggplant and Watercress Salad with Sesame

4 SERVINGS

1 cup hickory smoke chips, soaked in water 30 minutes, drained
1 large eggplant (about 1¼ pounds), sliced into ¾-inch-thick rounds
4 tablespoons corn oil

1 tablespoon sesame seeds

2 tablespoons seasoned rice vinegar*
1½ teaspoons soy sauce
¾ teaspoon oriental sesame oil
⅛ teaspoon dried crushed red pepper
1 bunch watercress, trimmed

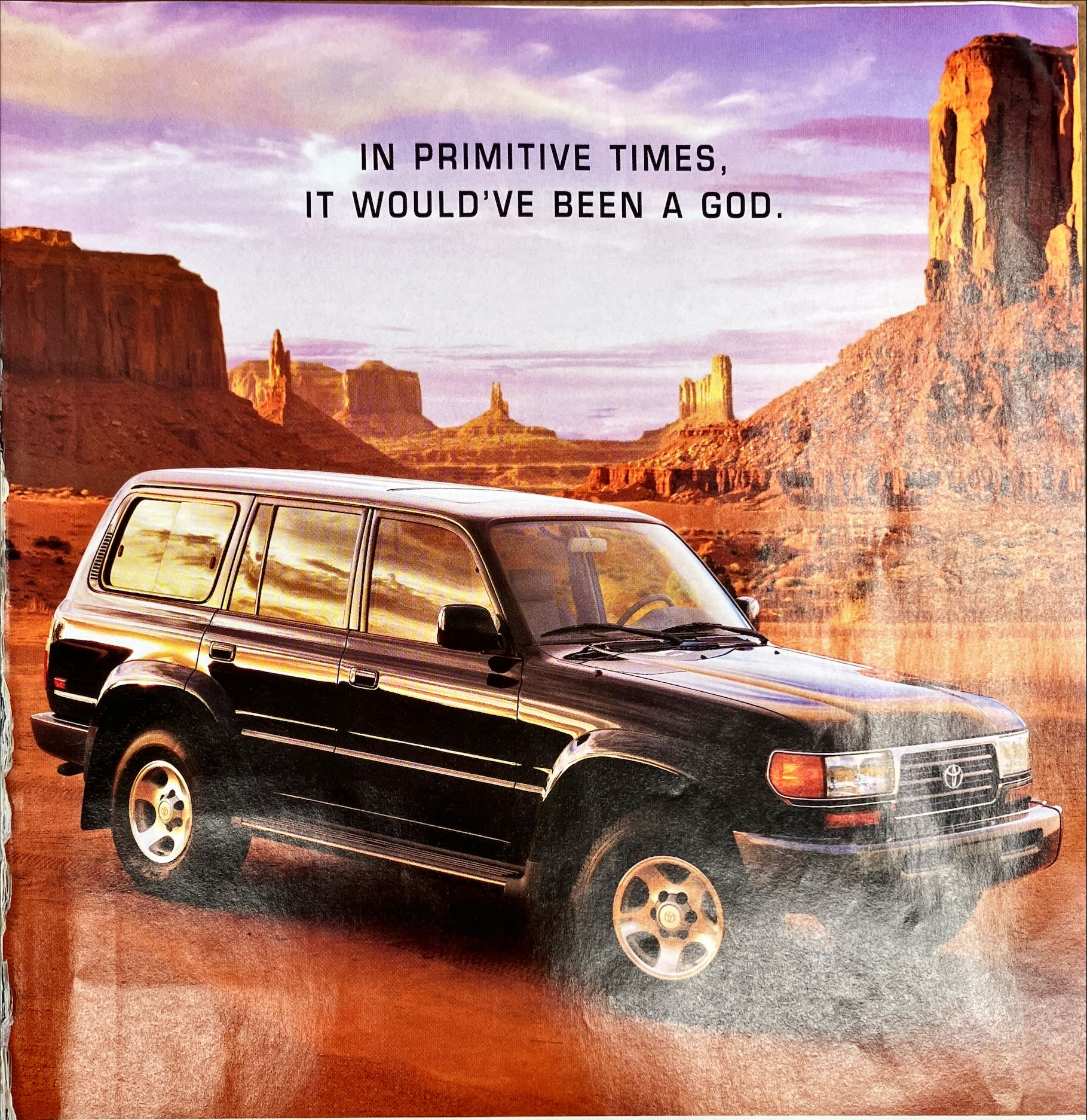
Prepare barbecue (medium heat). Place smoke chips in 8x6-inch foil packet with open top. Set packet atop coals about 5 minutes before grilling. Brush eggplant with 2 tablespoons corn oil. Grill until cooked, about 5 minutes per side. Cut into ¾-inch cubes. Place in large bowl.

Toast sesame seeds in heavy small skillet over medium-low heat until light brown, about 5 minutes.

Whisk vinegar, soy sauce, sesame oil, crushed red pepper and 2 tablespoons corn oil in medium bowl. Add watercress to eggplant in large bowl. Toss with enough dressing to coat. Season with salt and pepper. Sprinkle sesame seeds over salad.

**Also known as sushi vinegar; available at Asian markets and in the Asian section of some supermarkets.*

Michael McLaughlin lives in Santa Fe. When he's not tending the barbecue, he can be found writing cookbooks, the latest of which is All on the Grill *(HarperCollins, 1997).*



It has the qualities man has revered and respected for thousands of years. The power to tame the forces of nature. The prowess to navigate almost any terrain. The Toyota Land Cruiser. In its 40-year reign in the United States it has become the paradigm of off-road authenticity, offering full-time 4WD, dual air bags, ABS and an interior so roomy, it can inspire awe in up to seven adults at once. Land Cruiser. For us mortals, it's the ultimate.

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TOTALL

Y COOL

Spectacular frozen desserts in no time at all

BY SARAH TENAGLIA

PHOTOGRAPHY BY DAVID BISHOP

Summer elegance: a ring of creamy frozen lemon-lime mousse filled with colorful fruit (recipe begins on page 60).

Barbecue season is here, and with it warm nights that are made just for spending outside with friends. This is my favorite time of the year for entertaining: The pressure is off, and steaks on the grill are as complicated as my parties get. My philosophy is to keep things simple—and avoid the oven whenever possible.

When it comes to dessert, I follow the same cool and easy theme. My secret? Serve something fun and frosty right from the freezer. This collection of frozen treats includes some of my very best summertime desserts.

Every recipe here starts with a parfait, a French word that means "perfect." I know that sounds fancy, but parfaits are surprisingly easy to prepare and taste just like ice cream, only you don't need an ice cream machine. A parfait is basically a frozen mousse made of egg yolks cooked with sugar and flavorings, and lightened with whipped cream.

All of these creamy concoctions are prepared a day ahead and kept in the freezer, leaving you plenty of time to relax while the steaks sizzle on the grill. With this picture in mind, summer nights are sure to be *parfait* (oops, I mean *perfect*) for entertaining.

Gingered Peach and Brown Sugar Sundaes

Here, sliced fresh peaches and a rich brown sugar caramel sauce accent scoops of ginger-flavored frozen mousse (opposite, top). Margarita glasses make terrific sundae dishes.

8 SERVINGS

MOUSSE

6 large egg yolks
¾ cup sugar
¼ cup water
½ cup (packed) minced crystallized ginger (about 3½ ounces)
1½ teaspoons vanilla extract

2 cups chilled whipping cream

SAUCE

1 cup (packed) golden brown sugar
½ cup whipping cream
½ cup canned peach nectar
¼ cup (½ stick) unsalted butter
2 tablespoons dark corn syrup

5 peaches, peeled, pitted, sliced
Sliced almonds, toasted

FOR MOUSSE: Whisk first 3 ingredients in medium metal bowl. Set bowl over saucepan of simmering water (do not allow bottom of bowl to touch water); whisk constantly until candy thermometer registers 170°F, about 3 minutes. Remove bowl from over water. Add ginger and vanilla. Transfer mixture to processor and puree until fluffy, about 5 minutes. Pour puree into large bowl. Refrigerate until cool, about 20 minutes.

Beat cream in another large bowl until stiff peaks form. Fold cream into egg mixture. Cover and freeze overnight.

FOR SAUCE: Combine first 5 ingredients in heavy medium saucepan. Stir over medium heat until sugar dissolves and butter melts. Increase heat to high and boil until sauce thinly coats back of spoon, stirring occasionally, about 4 minutes. Cool slightly. *(Mousse and sauce can be made 1 week ahead. Keep mousse frozen. Cover and refrigerate sauce. Before serving, stir sauce over low heat just until warm.)*

Spoon frozen mousse into 8 Margarita glasses. Drizzle some warm sauce over each. Top with peaches and almonds.

{CONTINUED ON PAGE 60}

Time to chill (from top): gingered peach and brown sugar sundae; frozen plum soufflé with cardamom-plum sauce; and a wedge of coffee-toffee crunch torte.

White Chocolate Mint Terrine with Dark Chocolate Sauce

Perfect for an elegant dinner party, this sophisticated dessert is a snap to make.

12 SERVINGS

TERRINE

6 large egg yolks
¼ cup water
¼ cup light corn syrup
8 ounces good-quality white chocolate (such as Baker's or Lindt), finely chopped
1¼ teaspoons peppermint extract

2 cups chilled whipping cream

SAUCE

½ cup whipping cream
¼ cup dark corn syrup
¼ cup (½ stick) unsalted butter
8 ounces bittersweet (not unsweetened) or semisweet chocolate, chopped
½ ounce unsweetened chocolate, chopped
3 tablespoons water

Fresh mint leaves

FOR TERRINE: Line 9x5x2½-inch loaf pan with plastic wrap, allowing plastic to overhang edges by 3 inches. Place in freezer. Whisk first 3 ingredients in large metal bowl. Set bowl over saucepan of simmering water (do not allow bottom of bowl to touch water); whisk constantly until candy thermometer registers 160°F, about 4 minutes. Remove bowl from over water. Add white chocolate; whisk until melted and smooth. Mix in peppermint extract. Whisk until cool and thick, about 3 minutes.

Using electric mixer, beat cream in another large bowl until stiff peaks form. Fold cream into white chocolate mixture. Spoon mixture into prepared pan; smooth top. Cover and freeze overnight.

FOR SAUCE: Combine first 3 ingredients in heavy medium saucepan. Stir over medium heat until butter melts. Add both chocolates and whisk until smooth. Mix in 3 tablespoons water. Remove from heat; cool slightly. *(Terrine and sauce can be made 1 week ahead. Keep terrine frozen. Cover and refrigerate sauce. Before serving, stir sauce over low heat just until warm.)*

Turn frozen terrine out onto platter. Peel off plastic. Cut terrine into ¾-inch-thick slices. Place 1 slice on each plate. Drizzle sauce over. Garnish with mint.

Frozen Plum Soufflés with Cardamom-Plum Sauce

Use the ripest purple-fleshed plums available to intensify the flavor of this pretty summertime treat.

MAKES 4

SOUFFLES

2¼ cups chopped pitted purple-fleshed plums (about 1 pound)
¾ cup sugar

4 large egg yolks
⅓ cup light corn syrup
3 tablespoons unsalted butter
¼ teaspoon ground cardamom

1 cup chilled whipping cream
1 teaspoon vanilla extract

SAUCE

2¼ cups chopped pitted purple-fleshed plums (about 1 pound)
⅓ cup sugar
6 tablespoons water
⅛ teaspoon ground cardamom

2 plums, halved, pitted, sliced

FOR SOUFFLES: Cut four 14x6-inch foil strips. Fold each in half lengthwise. Wrap 1 foil strip around each of four ¾-cup soufflé dishes, forming collars that extend from base to above rim. Fold and crimp ends to secure.

Combine chopped plums and ¼ cup sugar in heavy medium saucepan. Simmer over medium heat until mixture turns bright red and is reduced to 1½ cups, stirring often, about 8 minutes. Transfer mixture to processor; puree until smooth. Cover; chill until cold.

Whisk yolks, corn syrup, butter and ¼ cup sugar in medium metal bowl. Set bowl over saucepan of simmering water (do not allow bottom of bowl to touch water); whisk constantly until candy thermometer registers 170°F, about 5 minutes. Remove bowl from over water. Mix in cardamom. Using electric mixer, beat egg mixture until cool and thick, about 5 minutes.

Beat cream, vanilla and ¼ cup sugar in large bowl until stiff peaks form. Add plum puree to cream; fold together. Fold in egg mixture. Spoon mixture into soufflé dishes, dividing equally (mixture will extend above rim of dishes). Cover with plastic; freeze overnight or up to 1 week.

FOR SAUCE: Combine chopped plums and sugar in heavy medium saucepan. Simmer over medium heat until mixture turns bright red and is reduced to 1⅓ cups, stirring often, about 10 minutes. Mix in 6 tablespoons water and cardamom. Transfer to processor and puree. Transfer sauce to bowl. Cover; chill until cold, at least 3 hours or overnight.

Carefully remove foil from soufflés. Drizzle some sauce over each. Top with plum slices. Serve with remaining sauce.

Lemon-Lime Ring with Mixed Berries and Mango

Offer some butter cookies alongside this dessert, which makes a lovely presentation.

12 SERVINGS

MOUSSE

1½ cups sugar
8 large egg yolks
⅓ cup fresh lemon juice
⅓ cup fresh lime juice
5 tablespoons unsalted butter
2 teaspoons grated lemon peel

2 cups chilled whipping cream

FRUIT

1 1-pint basket strawberries, hulled, quartered
1 tablespoon sugar
2 mangoes, peeled, pitted, cubed
1 ½-pint basket raspberries
1 ½-pint basket blackberries or boysenberries
1 ½-pint basket blueberries

Fresh lime- and lemon-peel twists
Fresh mint sprigs

FOR MOUSSE: Line 12-cup ring mold with plastic wrap, allowing plastic to overhang edges by 3 inches. Whisk first 6 ingredients in large metal bowl to blend. Set bowl over saucepan of simmering water (do not allow bowl to touch water); whisk until

{RECIPE CONTINUED ON PAGE 63}

TASTE THE MEDITERRANEAN

You don't have to travel thousands of miles to experience Mediterranean cuisine… just look in your pantry. With a little imagination, everyday ingredients—extra virgin olive oil, garlic, lemons, California olives, feta cheese, California walnuts and fragrant herbs and spices—will conjure up the sun-drenched warmth and aromas of this great culinary melting pot of cultures and tastes.

Turn this page to taste the Mediterranean with three delicious recipes.

COLAVITA
EXTRA VIRGIN
OLIVE OIL
FIRST COLD PRESSED
ATHENOS
FETA
TRADITIONAL

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TRADITIONAL

THE MEDITERRANEAN PANTRY

Stock your pantry with these essential ingredients to capture the essence of the Mediterranean. ❦**Colavita Extra Virgin Olive Oil** is a natural product that is not processed or refined—perfect for sautéing because it heats evenly. Extra virgin olive oil is a healthy substitute for butter or margarine in almost any recipe. ❦**California Ripe Olives** are always available in a variety of sizes and styles to add a touch of Mediterranean flavor, texture and eye-appeal to everyday recipes Of the 2 grams of fat in a serving of olives, 75% is monounsaturated, the type of fat recommended for a healthy lifestyle. ❦The Mediterranean region is renowned for its cheeses, especially the semisoft, crumbly, feta. **Athenos Feta Cheese** has a rich, smooth, distinctive taste that imparts a touch of sunny Mediterranean character into any dish—with one third less fat than cheddar cheese. ❦Nuts have been used by Mediterranean cooks in virtually everything from soups to desserts. **California Walnuts** add a great nutty taste to Mediterranean dishes—and historically have been part of a healthy diet. That's because walnuts contain omega-3 fatty acids which recent scientific studies say may help protect against heart disease. An ounce a day of walnuts in place of saturated fat can be beneficial.

QUALITY CALIFORNIA RIPE OLIVES

MANUFACTURER COUPON/EXPIRES 12/31/97

Save 55¢

On any package of ATHENOS® Feta Cheese, 4 oz. or larger.

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GREEK SALAD WITH WALNUTS

1 pkg. (10 oz) mixed salad greens
1 cup CALIFORNIA RIPE OLIVES
3 plum tomatoes, cut into wedges
1 small red onion, thinly sliced
1/2 medium cucumber, peeled, cut into wedges
Greek dressing (recipe below)
1/2 cup coarsely chopped CALIFORNIA WALNUTS
1 pkg. (8 oz.) ATHENOS Feta Cheese. sliced

TOSS greens, olives, tomatoes, onion and cucumber with dressing. Spoon onto serving platter. TOAST walnuts in a large non-stick skillet on medium-high heat 5 minutes, stirring constantly. ARRANGE cheese over salad; sprinkle with walnuts. Makes 6 servings.

GREEK DRESSING

1/2 cup COLAVITA Extra Virgin Olive Oil
1/4 cup fresh lemon juice
1 clove garlic, minced
1 tsp. dried oregano leaves
1/4 tsp. pepper
1/4 tsp. salt or to taste

MIX oil, juice, garlic and seasonings. Makes 3/4 cup.

PREP TIME:25 MINUTES
COOKING TIME: 5 MINUTES

Note: 1 lemon, squeezed, yields 1/4 cup fresh lemon juice.

CALIFORNIA
Walnuts
ATHENOS
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FETA
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PASTA WITH OLIVES, WALNUTS & FETA

8 oz. rotelle or fusilli pasta
1/2 cup chopped CALIFORNIA WALNUTS
1 clove garlic, minced
1/2 cup sliced green onions
1/3 cup COLAVITA Extra Virgin Olive Oil
1 pkg. (8oz.) ATHENOS Feta cheese, crumbled
2 cans (2 1/4 oz. each) sliced CALIFORNIA RIPE OLIVES, drained
1/4 cup chopped fresh basil leaves

COOK pasta as directed on package; drain.
TOAST walnuts in a large non-stick skillet on medium-high heat 5 minutes, stirring constantly. Remove walnuts from skillet; set aside.
COOK and stir garlic and onions in oil on medium heat until tender. Add hot cooked pasta, walnuts, cheese, olives and basil. Cook and stir until heated through and cheese just begins to melt. Makes 4 servings.

Variation: Do not toast walnuts

PREP TIME:15 MINUTES
COOKING TIME:15 MINUTES

CALIFORNIA
Walnuts
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SAVORY FETA CHEESE LOG WITH TOASTED WALNUTS & OLIVES

1 pkg. (8 oz) ATHENOS Feta Cheese, crumbled
4 oz. (1/2 of 8 oz. pkg.) PHILADELPHIA BRAND Cream Cheese, softened
1 small clove garlic, minced
2 Tbsp. COLAVITA Extra Virgin Olive Oil
1/4 cup chopped CALIFORNIA RIPE OLIVES
2 Tbsp. sliced green onions
1/2 cup chopped CALIFORNIA WALNUTS

PREP TIME:15 MINUTES
PLUS REFRIGERATING
COOKING TIME: 5 MINUTES

MIX feta cheese, cream cheese and oil with electric mixer on medium speed until well blended. Add olives and onions; mix well.
TOAST walnuts in a large non-stick skillet on medium-high heat 5 minutes, stirring constantly; cool.
SHAPE feta cheese mixture into a 10-inch long log (mixture will be soft); roll in walnuts. Wrap in plastic wrap. Refrigerate. Remove plastic wrap; serve with assorted crackers. Makes 1 1/2 cups.

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COLAVITA

candy thermometer registers 180°F, about 7 minutes. Remove bowl from over water. Using electric mixer, beat mixture until cool and thick, about 8 minutes.

Beat cream in another large bowl until stiff peaks form. Fold cream into egg mixture. Spoon into mold; smooth top. Cover and freeze overnight. *(Can be prepared 1 week ahead. Keep frozen.)*

FOR FRUIT: Toss strawberries with sugar in large bowl. Let stand 20 minutes. Add mangoes, raspberries, blackberries and blueberries; toss to coat.

Turn frozen mousse out onto platter. Peel off plastic. Smooth top and sides with metal icing spatula. Mound some fruit in center of mousse. Garnish with lime- and lemon-peel twists and mint. Serve, passing remaining fruit separately.

Coconut-Rum Pie with Pineapple

Papaya, mango and banana slices would also work nicely on this pie.

8 SERVINGS

CRUST

1 cup (packed) sweetened flaked coconut, toasted
1 cup graham cracker crumbs
3 tablespoons butter, melted
1 large egg white

FILLING

1 15-ounce can cream of coconut (such as Coco López)*
6 large egg yolks
2 tablespoons fresh lemon juice

2 cups chilled whipping cream
½ teaspoon imitation coconut extract
3 tablespoons dark rum
1 cup plus 1 tablespoon sweetened flaked coconut, toasted

1 pineapple, peeled, halved lengthwise, cored, thinly sliced crosswise
¼ cup apricot preserves, stirred to loosen

FOR CRUST: Preheat oven to 350°F. Blend first 4 ingredients in processor until sticky crumbs form. Press crumbs onto bottom and up sides of 9-inch-diameter metal pie pan. Freeze 10 minutes.

Bake crust until golden brown, about 10 minutes. Cool. Freeze crust.

FOR ACCESSORIES INFORMATION, SEE PAGE 101.

FOR FILLING: Whisk 1 cup cream of coconut, egg yolks and lemon juice in large metal bowl to blend. Set bowl over saucepan of simmering water (do not allow bottom of bowl to touch water); whisk constantly until candy thermometer registers 160°F, about 3 minutes. Remove bowl from over water. Using electric mixer, beat mixture until cool and thick, about 5 minutes.

Combine whipping cream, extract and remaining cream of coconut in another large bowl. Beat until soft peaks form. Add rum and beat until stiff peaks form. Fold cream mixture and 1 cup toasted coconut into egg mixture. Freeze until softly set, stirring occasionally, about 3 hours.

Spoon filling into crust, mounding slightly. Cover and freeze overnight. *(Can be prepared 1 week ahead. Keep frozen.)*

Run small knife around sides of pan. Arrange pineapple atop pie in overlapping circles. Brush with preserves. Sprinkle with 1 tablespoon toasted coconut.

**Available in the liquor department of most supermarkets.*

Coffee-Toffee Crunch Torte

Layers of toffee-studded, coffee-flavored mousse and chocolate ganache fill an almond and sugar-cookie crust.

12 SERVINGS

CRUST

1 cup almonds, toasted
1½ cups ground sugar cookies (such as Pepperidge Farm Bordeaux; about 6¾ ounces)
½ cup coarsely chopped chocolate-covered English toffee (such as Skor or Heath bar; about 3 ounces)
5 to 6 tablespoons butter, melted, hot

GANACHE

½ cup whipping cream
2 tablespoons dark corn syrup
6 ounces bittersweet (not unsweetened) or semisweet chocolate, chopped

MOUSSE

¾ cup plus 2 tablespoons sugar
6 large egg yolks
⅓ cup water
3 tablespoons instant espresso powder
½ teaspoon ground nutmeg

2½ cups chilled whipping cream
2 tablespoons coffee liqueur
1 teaspoon vanilla extract
1½ cups coarsely chopped chocolate-covered English toffee (such as Skor or Heath bar; about 9 ounces)

20 (about) whole almonds, toasted

FOR CRUST: Preheat oven to 350°F. Grind nuts with ground cookies and toffee in processor. Add 5 tablespoons butter; blend until nuts are finely chopped. To moisten crumbs, if necessary, blend in 1 tablespoon butter. Using plastic wrap as aid, press mixture onto bottom and up sides of 9-inch-diameter springform pan with 2¾-inch-high sides. Freeze 15 minutes.

Bake crust until golden, about 12 minutes. Freeze crust.

FOR GANACHE: Bring cream and corn syrup to simmer in heavy medium saucepan. Remove from heat. Add chocolate; whisk until melted and smooth. Cool to room temperature.

FOR MOUSSE: Whisk sugar, yolks, ⅓ cup water and espresso powder in large metal bowl. Set bowl over saucepan of simmering water (do not allow bowl to touch water); whisk until candy thermometer registers 160°F, about 3 minutes. Remove bowl from over water. Add nutmeg. Using electric mixer, beat egg mixture until cool and thick, about 5 minutes.

Beat 2½ cups cream, liqueur and vanilla in another large bowl until stiff peaks form. Fold cream mixture and toffee into egg mixture. Spoon half of mousse into crust. Drizzle ¼ cup ganache over. Using tip of knife, swirl mixtures together. Carefully spoon remaining mousse over; smooth top. Cover and freeze torte overnight. Cover remaining ganache; chill.

Rewarm remaining ganache over low heat, whisking just until slightly softened but not melted. If necessary, let stand until firm enough to pipe. Spoon ganache into pastry bag fitted with star tip. Run sharp knife around torte pan sides. Release pan sides. Pipe ganache in lattice design atop torte. Pipe ganache in star shapes around border. Garnish with almonds. *(Can be prepared 1 week ahead. Freeze until lattice sets, then cover and keep frozen.)*

Tuna Burger Niçoise

Cowboy Burger

Curried Turkey Burger

Tex-Mex Veggie Burger

Pass the Burgers, Hold the Fat

The star of the back-yard grill lightens up for summer

BY SELMA BROWN MORROW
PHOTOGRAPHY BY ANTOINE BOOTZ

CONSIDER THE LOW-FAT BURGER.

It raises some questions, doesn't it? You might ask, for instance: Can it be as juicy as a *killer* burger? Can it taste as good without all the cholesterol? Can it make me sing with satisfaction, make me *want* to choose light over loaded?

The unequivocal answer to each of these questions is: It all depends.

A wimpy brand X light burger won't do the trick, but one of these "light heavyweights"—well, that's *light* on another scale. Sure they're low in fat, but they're also big, moist and full of flavor, thanks to spices, condiments and crunchy bits of all kinds.

So fire up the grill, fire up your appetite, and try one or all of these new burgers. They're good enough to make you break out in song—and light enough to keep you humming. {RECIPES ON PAGE 66}

Tuna Burgers Niçoise

4 SERVINGS

1 10-ounce russet potato, pierced several times with fork

½ cup nonfat mayonnaise dressing
4 teaspoons Dijon mustard
1 teaspoon white wine vinegar
½ teaspoon salt
¼ teaspoon pepper
½ cup finely chopped fresh basil
¼ cup diced pitted brine-cured black olives (such as Kalamata)
4 teaspoons chopped drained capers
4 teaspoons minced shallots
1 pound skinless boneless fresh tuna steaks, finely chopped

Nonstick vegetable oil spray

4 3-inch-long pieces French bread
4 tomato slices
4 butter lettuce leaves

Cook potato in microwave until tender, about 5 minutes per side. Peel potato; mash enough to measure ¼ cup (packed).

Place ¼ cup mashed potato in bowl. Mix in ¼ cup mayonnaise, mustard, vinegar, salt and pepper, then ¼ cup basil, olives, capers and shallots. Add tuna and combine gently. Shape into four 1-inch-thick patties. Mix remaining ¼ cup mayonnaise and ¼ cup basil in small bowl.

Prepare barbecue (medium-high heat). Spray both sides of burgers with nonstick spray; grill until just opaque in center, about 4 minutes per side.

Cut bread pieces lengthwise into thirds; discard centers. Spread basil mayonnaise on bottom halves. Top with burgers, tomatoes, lettuce and bread tops.

PER SERVING: calories, 284; total fat, 4 g; saturated fat, 1 g; cholesterol, 51 mg

Cowboy Burgers

4 SERVINGS

¼ cup mashed drained canned kidney beans
1 pound ground beef (7% fat)
6 tablespoons hickory barbecue sauce
4 teaspoons prepared white horseradish
4 teaspoons minced garlic
½ teaspoon salt
½ teaspoon pepper

Nonstick vegetable oil spray
4 oversize wheat rolls, halved
4 ⅓-inch-thick slices red onion
Watercress sprigs

Place mashed beans in medium bowl. Mix in next 6 ingredients. Shape into four ½-inch-thick patties.

Prepare barbecue (medium heat). Spray cut sides of rolls and both sides of burgers and onion slices with nonstick spray. Grill cut sides of rolls until toasted, about 1 minute. Transfer rolls to plates. Grill burgers about 4 minutes per side for medium; grill onion slices about 5 minutes per side. Place 1 burger, 1 onion slice and some watercress on each roll bottom. Cover each with roll top.

PER SERVING: calories, 329; total fat, 5 g; saturated fat, 1 g; cholesterol, 36 mg

Curried Turkey Burgers

4 SERVINGS

1 tablespoon mustard seeds
¼ cup unsweetened applesauce
1 tablespoon plus ¾ cup plain nonfat yogurt
5 tablespoons mango chutney, mashed if chunky
3¼ teaspoons curry powder
¾ teaspoon salt
¼ teaspoon cayenne pepper
1 pound extra-lean ground turkey breast meat
7 tablespoons chopped green onion tops
7 tablespoons chopped fresh mint

¼ cup chopped tart green apple

Nonstick vegetable oil spray
4 5- to 6-inch-diameter pita breads
Chopped lettuce

Shake mustard seeds in medium skillet over low heat until seeds begin to pop, about 2 minutes. Transfer seeds to bowl. Mix in applesauce, 1 tablespoon yogurt, 2 tablespoons chutney, 2½ teaspoons curry powder, salt and cayenne. Mix in turkey, 4 tablespoons onion tops and 4 tablespoons mint. Shape into four ¾-inch-thick patties.

Mix apple, ¾ cup yogurt, 3 tablespoons chutney, ¾ teaspoon curry powder, 3 tablespoons onion tops and 3 tablespoons mint in small bowl.

Prepare barbecue (medium heat). Spray burgers with nonstick spray; grill until cooked through, about 5 minutes per side. Cut 1 end off each pita; fill with 1 burger, some lettuce and ¼ of yogurt mixture.

PER SERVING: calories, 294; total fat, 3 g; saturated fat, 1 g; cholesterol, 41 mg

Tex-Mex Veggie Burgers

4 SERVINGS

1 15¼-ounce can whole kernel corn, drained, ½ cup liquid reserved
½ cup plus 1 tablespoon cornmeal
½ cup finely chopped onion
⅓ cup finely chopped red bell pepper
½ teaspoon grated lime peel
¼ cup cooked white rice
3 tablespoons chopped cilantro
4 teaspoons diced jalapeño chili
½ teaspoon salt
½ teaspoon ground cumin

Nonstick vegetable oil spray
4 no-lard 9- to 10-inch-diameter flour tortillas (99% fat-free)
8 tablespoons light sour cream
8 tablespoons purchased salsa

Blend ½ cup corn kernels and 1 tablespoon cornmeal in processor until moist clumps form. Add ¾ cup corn kernels; process 10 seconds (reserve remaining corn for another use). Transfer corn mixture to heavy medium nonstick saucepan. Add ½ cup corn liquid, onion, bell pepper and lime peel. Cover and cook over very low heat until thick and firm, stirring often, 12 minutes. Mix in rice, cilantro, jalapeño, salt and cumin. Drop ¼ of mixture onto each of 4 pieces of foil; press pieces into ¾-inch-thick patties. Let stand until completely cool.

Prepare barbecue (medium heat). Spray both sides of burgers with nonstick spray; grill until crisp, about 5 minutes per side. Grill tortillas until pliable, about 30 seconds per side. Transfer tortillas to plates. On each tortilla place 1 burger, ¼ of sour cream and ¼ of salsa. Fold tortillas over to enclose.

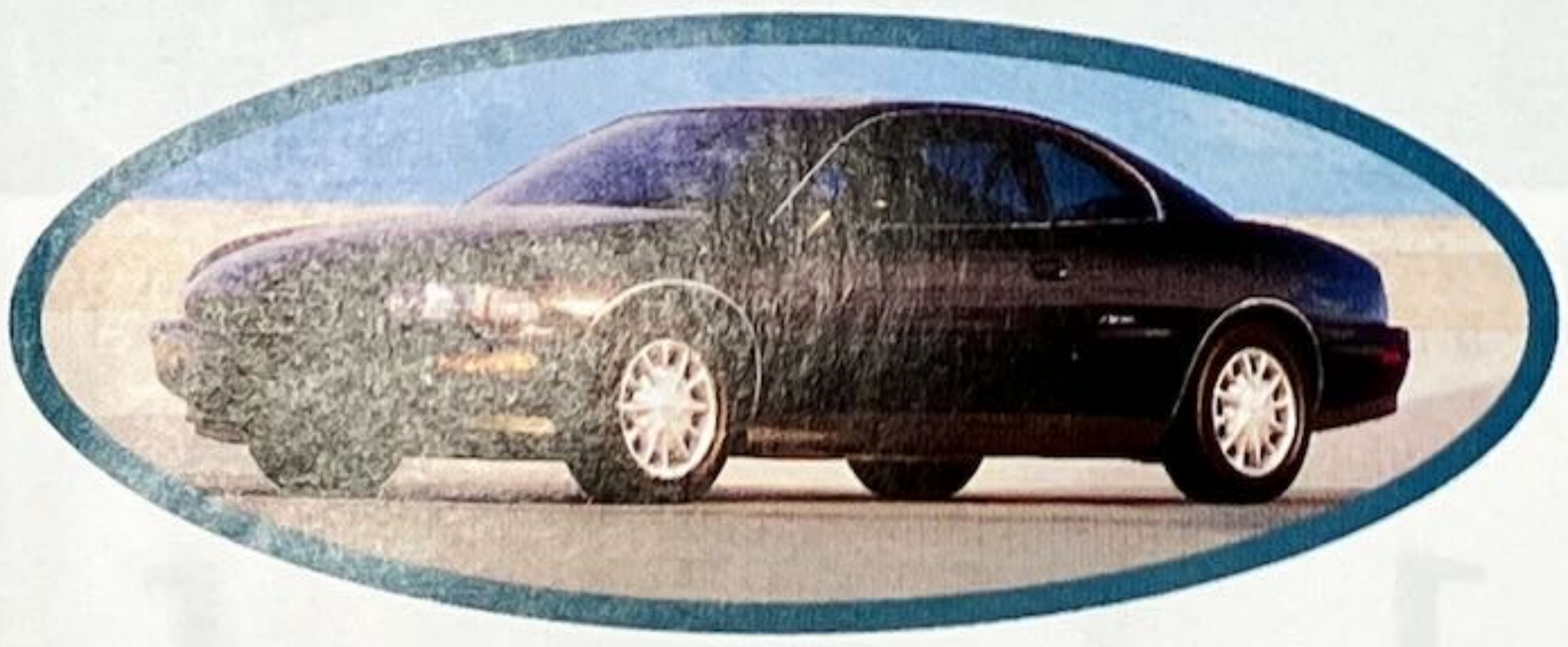
PER SERVING: calories, 292; total fat, 6 g; saturated fat, 1 g; cholesterol, 5 mg

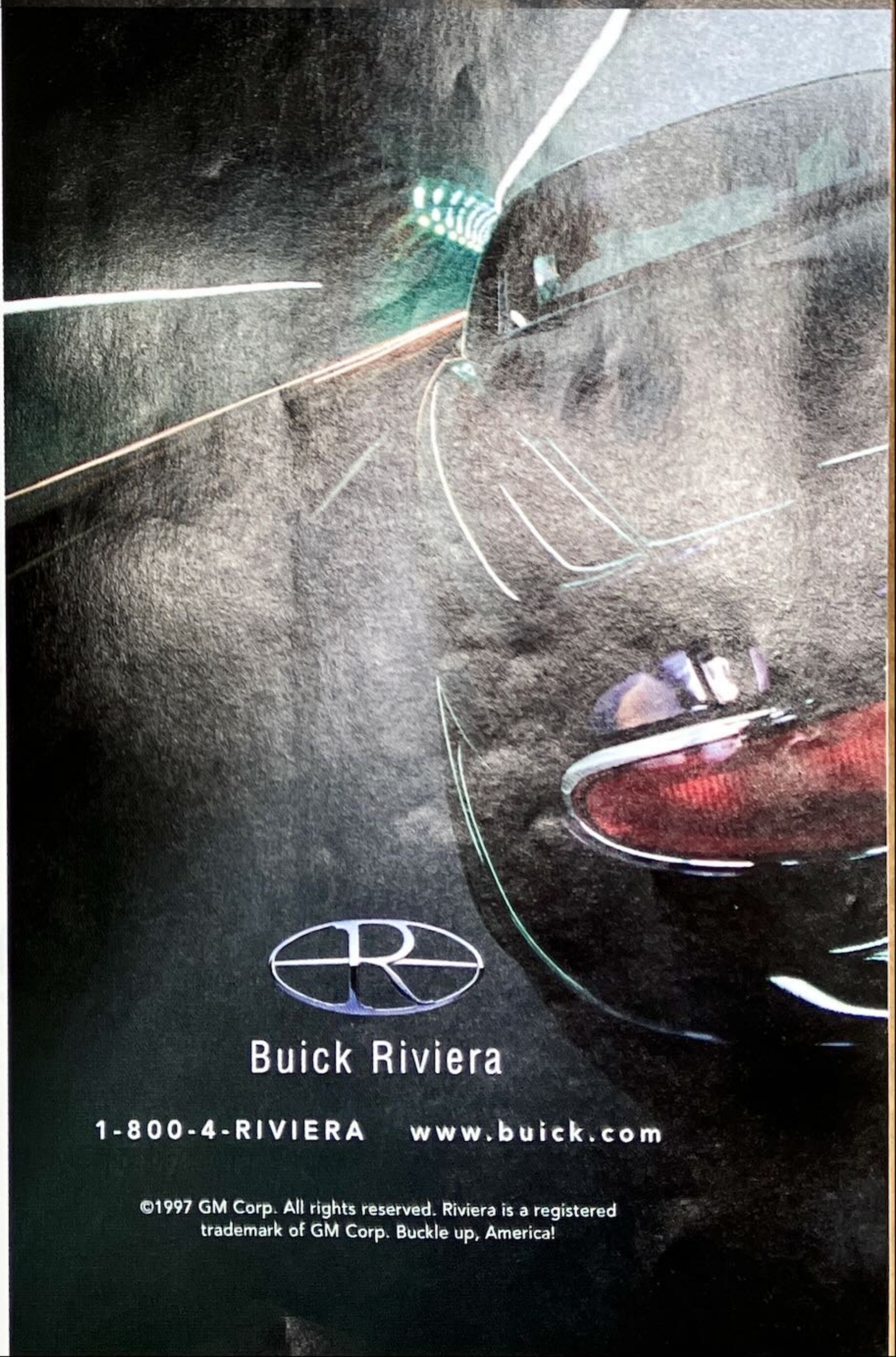
FOR ACCESSORIES INFORMATION, SEE PAGE 101.

Dear Mrs. Responsible:

You never missed a school play.
You remember everyone's birthday,
including your father-in-law's.
You never went on a golf weekend.
With all due respect, Ma'am, you're
due. This is the Buick Riviera.
You can get a supercharged engine.
It's bigger than some minivans,
but it only seats four. So it's not
the perfect family car.
That's the point.

The Buick Riviera—
You're due.
Definitely due.





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A Big Barbecue

Question: *What's the best way to celebrate the Fourth of July?*

Answer: *For one Minnesota family, it's with a great dinner, bright fireworks—and a lot of good friends.*

ENTERTAINING WITH STYLE

A Big Barbecue

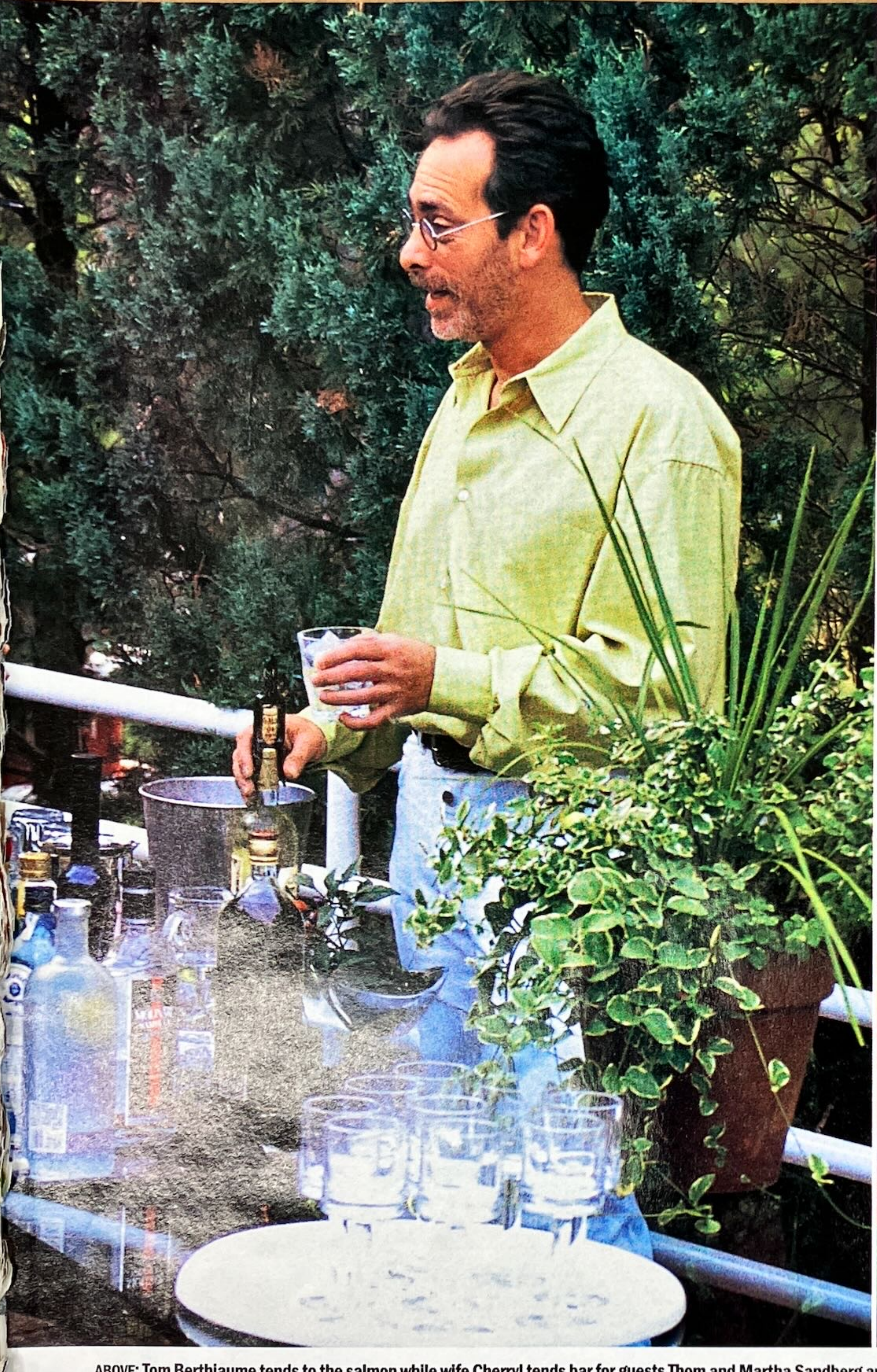
Question: *What's the best way to celebrate the Fourth of July?*

Answer: *For one Minnesota family, it's with a great dinner, bright fireworks—and a lot of good friends.*

ABOVE: Tom Berthiaume tends to the salmon while wife Cherryl tends bar for guests Thom and Martha Sandberg and Cherryl's brother-in-law, Jules Friedman. **TOP RIGHT:** The kids set up a game of croquet on the lawn. **ABOVE RIGHT:** *Bruschetta* with tomatoes, mozzarella and basil starts dinner in fine fashion. (Recipe is on page 73.)

by the Lake

PRODUCED BY
BETTIE BEARDEN PARDEE
TEXT BY
LAURIE GLENN BUCKLE
PHOTOGRAPHY BY
ERIC L. KLEIN



ABOVE: Tom Berthiaume tends to the salmon while wife Cherryl tends bar for guests Thom and Martha Sandberg and Cherryl's brother-in-law, Jules Friedman. **TOP RIGHT:** The kids set up a game of croquet on the lawn. **ABOVE RIGHT:** *Bruschetta* with tomatoes, mozzarella and basil starts dinner in fine fashion. (Recipe is on page 73.)

by the Lake

PRODUCED BY
BETTIE BEARDEN PARDEE
TEXT BY
LAURIE GLENN BUCKLE
PHOTOGRAPHY BY
ERIC L. KLEIN

OUTSIDE, on a certain deck in Wayzata, Minnesota, some serious hanging out is under way.

Independence Day here at Tom Berthiaume and Cherryl Kachenmeister's house is spent much the same way that it is in most homes around the country: with friends relaxing, children playing and good food being shared by all. There are no rules to obey, no schedules to follow—just some kids playing croquet on the lawn, and others taking turns on a rope swing. With cold drinks in hand, parents stroll through the yard and supervise, or settle into chairs on a certain deck near the kitchen.

"That's what we do here," says Jules Friedman, husband of Cherryl's younger sister, Pam. "We spend a lot of time sitting around discussing books, watching ball games and taking in the incredible view." And "view" is what this home is all about, with the deck and a west-facing wall of windows framing a picture-perfect scene of Lake Minnetonka from almost every room.

There is one thing, however, that is rather unusual about this Fourth of July party: the food. "I don't really like hamburgers and hot dogs," says Tom. And so he has put together a menu that would make any international crowd happy: tomato and mozzarella *bruschetta* to start, followed by spice-rubbed salmon with corn salsa, couscous with grilled vegetables and herbs, and green beans with pine nut oil. Dessert is a tip of the hat to the Redcoats—summer fruit trifle.

"Tom and Cherryl have this party every Fourth of July," says Pam. "The party is always casual, but the food is never that way." And while the menu may change from year to year, the day's events don't. "We always do the same things—swim, eat, drink, sit in the sun, hang out, and then do more of the same," says Larry Lamb, a longtime friend of Tom's. "It's always a great day, but I particularly look forward to whatever Tom will be serving for dinner in the evening. He has always been interested in cooking, but he just seems to get better at it all the time."

"I really enjoy it," says Tom, with a sidelong glance at his wife, "which is a very good thing because I'm the only cook in the house."

Surprisingly, Cherryl doesn't take the bait, coming back instead with a compliment: "Tom *is* an amazing cook. I'm good at arranging things—tables, plates, centerpieces—but I'm not much of a cook at all. I do, though, like to find recipes for him to make for us."

"And then she tells me how easy they look," laughs Tom, finishing Cherryl's thought, "and I always say, 'It's *all* easy when you don't cook!'"

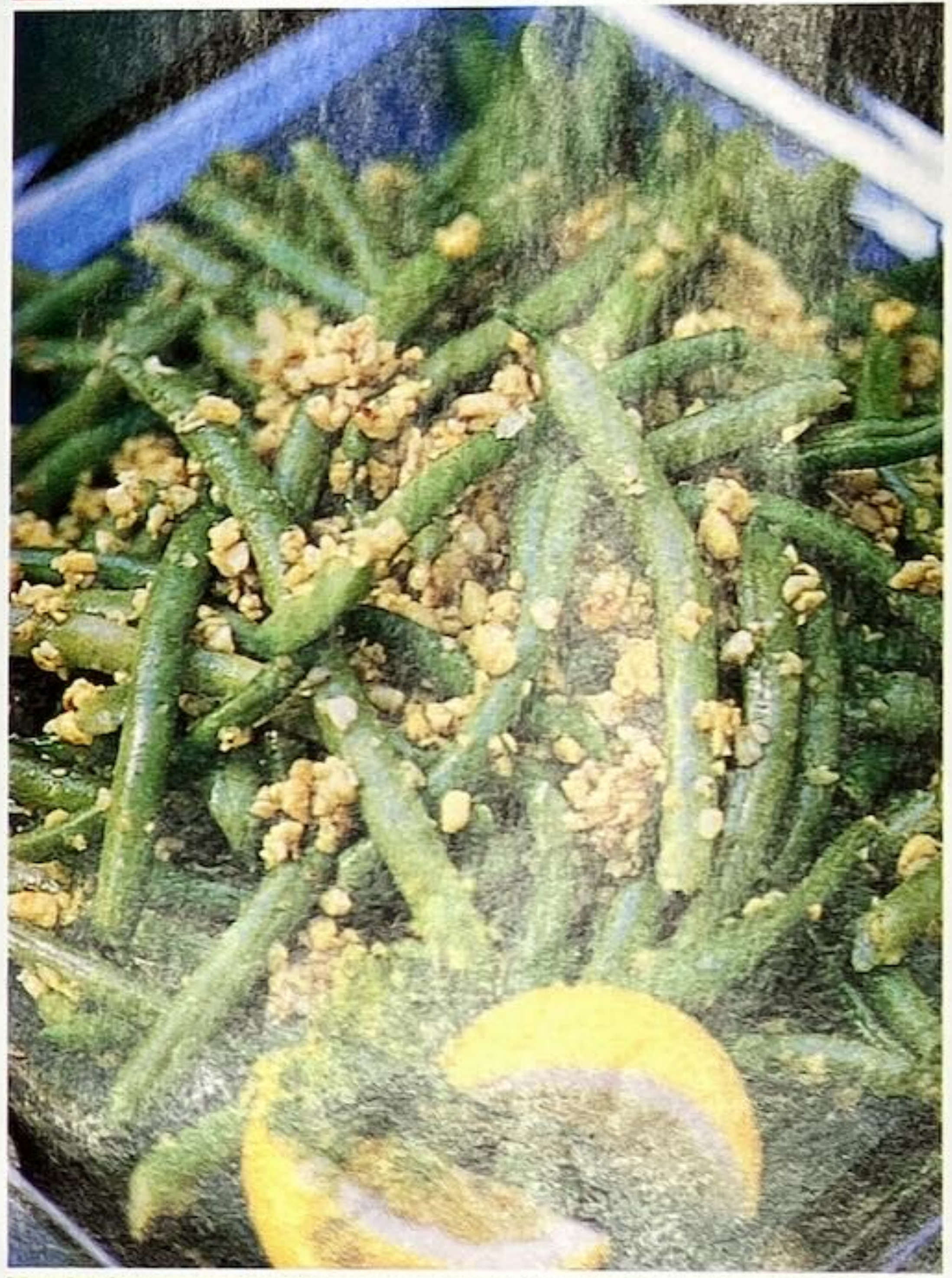
Eventually the conversation is interrupted by 14-year-old Maggie Berthiaume and her hungry compatriots. That's the signal for Cherryl to set up the buffet, while Tom goes into the kitchen to retrieve the salmon and put it on the grill.

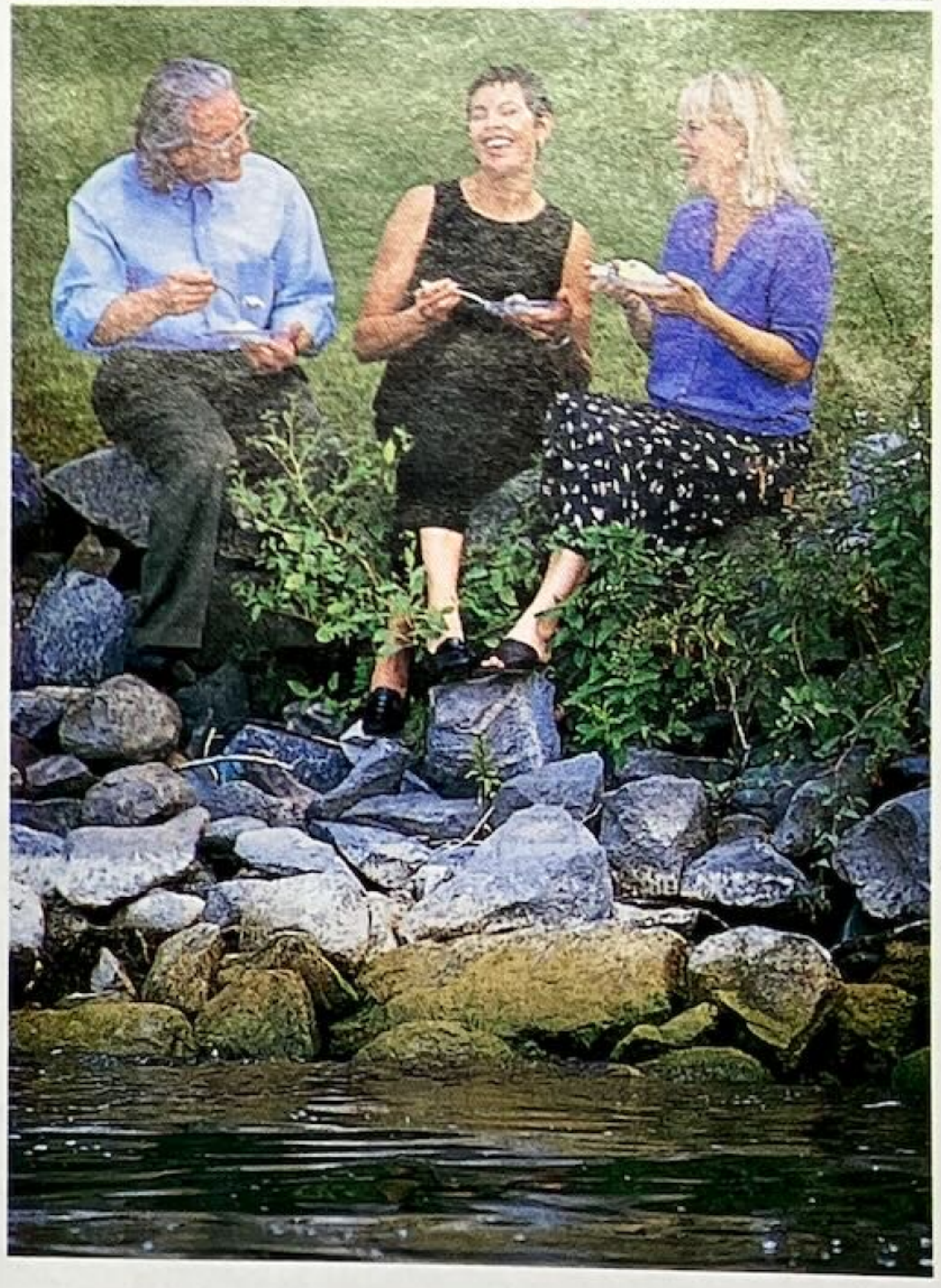
Entertaining isn't the only thing this couple does well. Tom and Cherryl have published a children's book called *On Monday When It Rained;* they also own and manage Acadia, a coffee bar and bakery in Minneapolis. That is all in addition to Tom's work as a photographer and Cherryl's work as a teacher and administrator for an alternative-program high school.

Cherryl's organizational skills come into play when it's time to round up everyone for the fireworks show. Just as the group is finishing the trifle, Cherryl comes out of the house with an armload of sweatshirts, sweaters and flashlights, and then leads everyone to the boat at the end of the dock. They toss off the lines and join a caravan of crafts heading through the channel and into different coves to watch the fireworks from the nearby town of Excelsior.

On the way back, as the children fall asleep in the bunks below deck, somebody makes a comment about how the fireworks show gets better every year. "Yeah," says Larry, "just like Tom and Cherryl's parties."

{RECIPES ON PAGE 73}





OPPOSITE: The star of the meal is a boneless side of salmon that has been rubbed with a peppery cumin mixture and then grilled; it's served with a fresh corn salsa. **TOP RIGHT:** Friends and family line up for dinner. **CENTER RIGHT:** Green beans tossed with olive oil and ground pine nuts make an easy side dish. **BOTTOM RIGHT:** Larry Lamb, Pam Kachenmeister and Martha Sandberg take a break down by the lake.

Menu for 12

Tomato and Mozzarella Bruschetta

Mixed Drinks

Grilled Spice-rubbed Salmon with Corn Salsa

Green Beans with Toasted Pine Nut Oil

Couscous or Rice with Grilled Vegetables

Chardonnay or Sauvignon Blanc

Summer Fruit Trifle

Tomato and Mozzarella Bruschetta

12 SERVINGS

12 4½x2½-inch slices (each ¾ inch thick) crusty French bread
2 garlic cloves, halved
3 tablespoons olive oil
2 teaspoons balsamic vinegar
1 8-ounce ball fresh mozzarella cheese, cut into twelve ¼-inch-thick slices
24 ¼-inch-thick slices plum tomatoes
12 fresh basil leaves

Preheat broiler. Broil bread until brown, about 1 minute per side. Rub cut side of garlic over bread. Mix oil and vinegar in small bowl. Brush mixture over bread. Top each bread slice with 1 slice of cheese, 2 tomato slices and 1 basil leaf. Sprinkle with salt and pepper and serve.

Grilled Spice-rubbed Salmon with Corn Salsa

Place the fish in a metal fish basket before grilling to make turning it over easier. If you don't have one of these special baskets, cut the fish crosswise in half, and grill in two pieces. Reassemble the fish on a platter, and top the cut area with some salsa. Uncork a Chardonnay or a Sauvignon Blanc.

12 SERVINGS

SALMON

1½ tablespoons coriander seeds
1½ tablespoons mustard seeds
1½ tablespoons cumin seeds
1 teaspoon black peppercorns
3 tablespoons (packed) brown sugar

1 4-pound boneless side of salmon with skin

SALSA

6 cups fresh corn kernels (from about 9 ears) or frozen, thawed
1 cup finely chopped red onion
½ cup olive oil
½ cup chopped fresh cilantro
¼ cup fresh lime juice
1½ tablespoons minced seeded jalapeño chili

FOR SALMON: Heat heavy small skillet over medium-high heat. Add coriander, mustard and cumin seeds; sauté until fragrant, about 3 minutes. Add peppercorns. Remove from heat and cool. Finely grind mixture in spice grinder or in mortar with pestle. Transfer to bowl. Mix in sugar.

Place salmon, skin side down, on large baking sheet. Rub ¼ cup spice mixture over salmon, pressing gently to adhere. Cover salmon with plastic and refrigerate at least 1 hour or overnight. Cover remaining spice mixture and let stand at room temperature.

FOR SALSA: Cook corn in saucepan of boiling salted water until just tender, about 2 minutes. Drain. Transfer to large bowl. Mix in remaining ingredients and 2 tablespoons spice mixture (reserve remaining spice mixture for another use). Season with salt. Cover and chill at least 1 hour or up to 4 hours before serving.

Prepare barbecue (medium heat). Grill salmon, skin side down, 6 minutes. Turn salmon over and grill until just opaque in center, about 6 minutes more. Transfer salmon to platter. Serve with salsa.

Green Beans with Toasted Pine Nut Oil

Tom and Cherryl also offer another side dish—couscous tossed with grilled vegetables.

12 SERVINGS

3 pounds green beans, trimmed

1 cup pine nuts, toasted
6 tablespoons olive oil

Cook beans in large pot of boiling salted water until crisp-tender, about 5 minutes. Drain. Rinse with cold water to cool. Drain well. Transfer beans to large bowl.

Coarsely grind pine nuts in processor. Transfer to medium bowl. Mix in oil. *(Beans and oil can be prepared 1 day ahead. Cover beans; chill. Cover oil and let stand at room temperature. Let beans stand 2 hours at room temperature before continuing.)*

Add pine nut oil to beans and toss to coat. Season to taste with salt and pepper.

OPPOSITE: Hanna Lamb takes her turn on the swing before dinner. **ABOVE:** Cherryl and Tom relax in the hammock.

Summer Fruit Trifle

12 TO 18 SERVINGS

12 ounces cream cheese, room temperature
½ cup plus 2 tablespoons sugar
2 cups chilled whipping cream
2 teaspoons vanilla extract

4 nectarines, halved, thinly sliced
2 ½-pint baskets raspberries
1 1-pint basket blueberries
1 teaspoon ground cinnamon
6 tablespoons apricot jam
3 tablespoons dark rum

1½ (about) 12-ounce pound cakes, cut into ½-inch-thick slices

Beat cream cheese and ½ cup sugar in large bowl until light. Gradually beat in cream. Add vanilla; beat until medium-stiff peaks form. Spoon ⅔ cup cream cheese mixture into pastry bag fitted with medium star tip and refrigerate. Set remaining cream cheese mixture aside.

Combine fruit, 2 tablespoons sugar and cinnamon in another large bowl. Mix jam and rum in small bowl to blend.

Arrange enough cake slices in bottom of 3-quart trifle dish to cover. Brush with 3 tablespoons jam mixture. Top with 2 cups of fruit. Top with half of cream cheese mixture in bowl. Top with another layer of cake. Brush with 3 tablespoons jam mixture. Top with 2 cups of fruit, then remaining cream cheese mixture. Cover with another layer of cake. Brush with remaining jam mixture. Top with remaining fruit. Cover; chill at least 3 or up to 8 hours.

Pipe cream cheese mixture in pastry bag atop edge of trifle and serve.

These glass platters are a colorful addition to any back-yard feast. The orange opaque platter is from Tutto Toscano, while the one with hand-painted leaves is by Margarita Carreras.

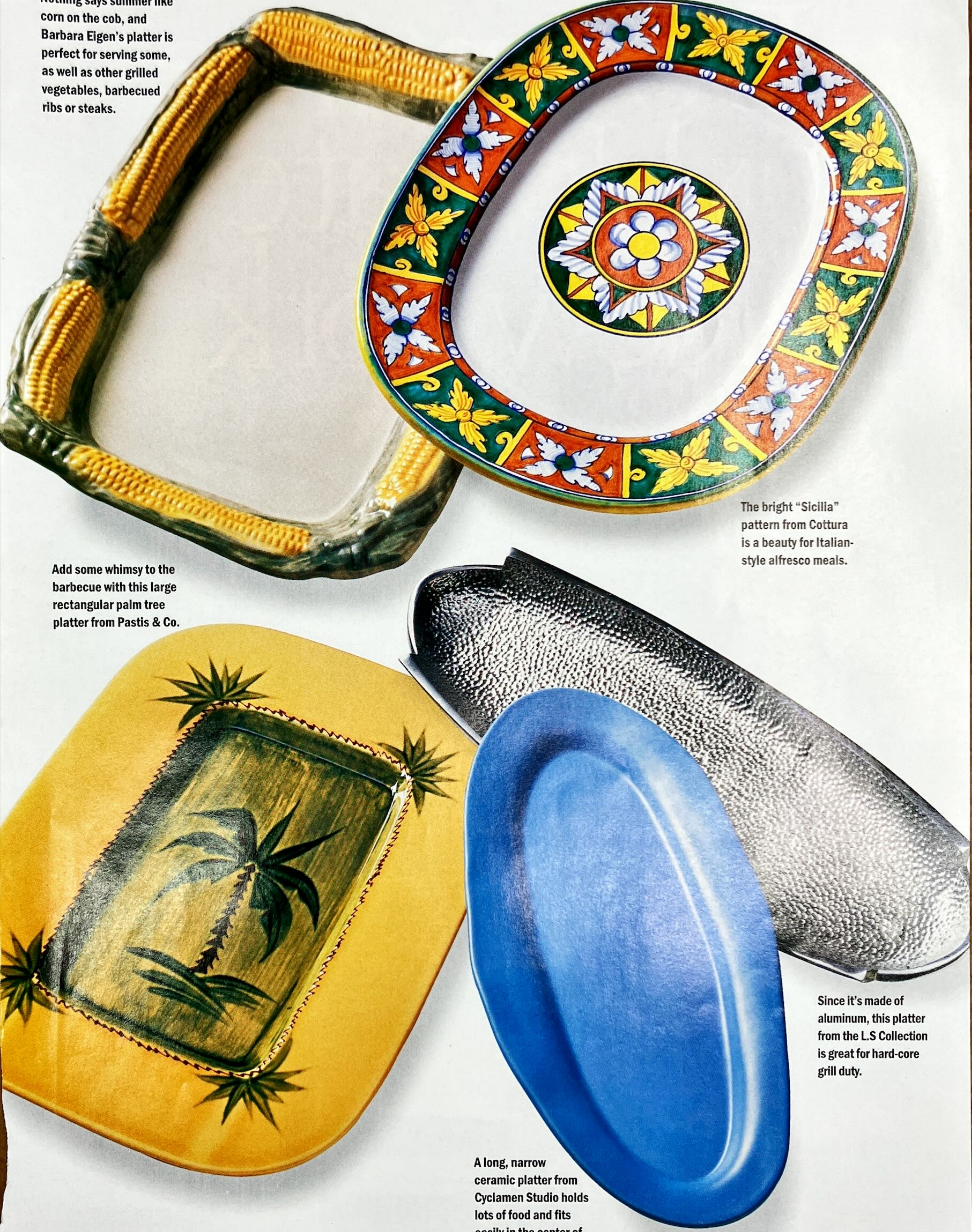
Platter Matters

Sensational serving pieces for the summer table, indoors or out

PRODUCED BY SUSAN TYREE VICTORIA
PHOTOGRAPHY BY JEFF SARPA

MOST OF US, when we grill, tend to grill way too much food. Cooking outside over a fire must unleash some primal impulse that turns us into eating machines, so that once the barbecue is lit, we go for broke and char everything in sight.

Of course, the more food we prepare, the more we need something big and sturdy for carrying that food from grill to table. One of these attractive, generously sized platters should do the trick—although we recommend at least two, just in case that primal impulse gets out of hand.



Nothing says summer like corn on the cob, and Barbara Eigen's platter is perfect for serving some, as well as other grilled vegetables, barbecued ribs or steaks.

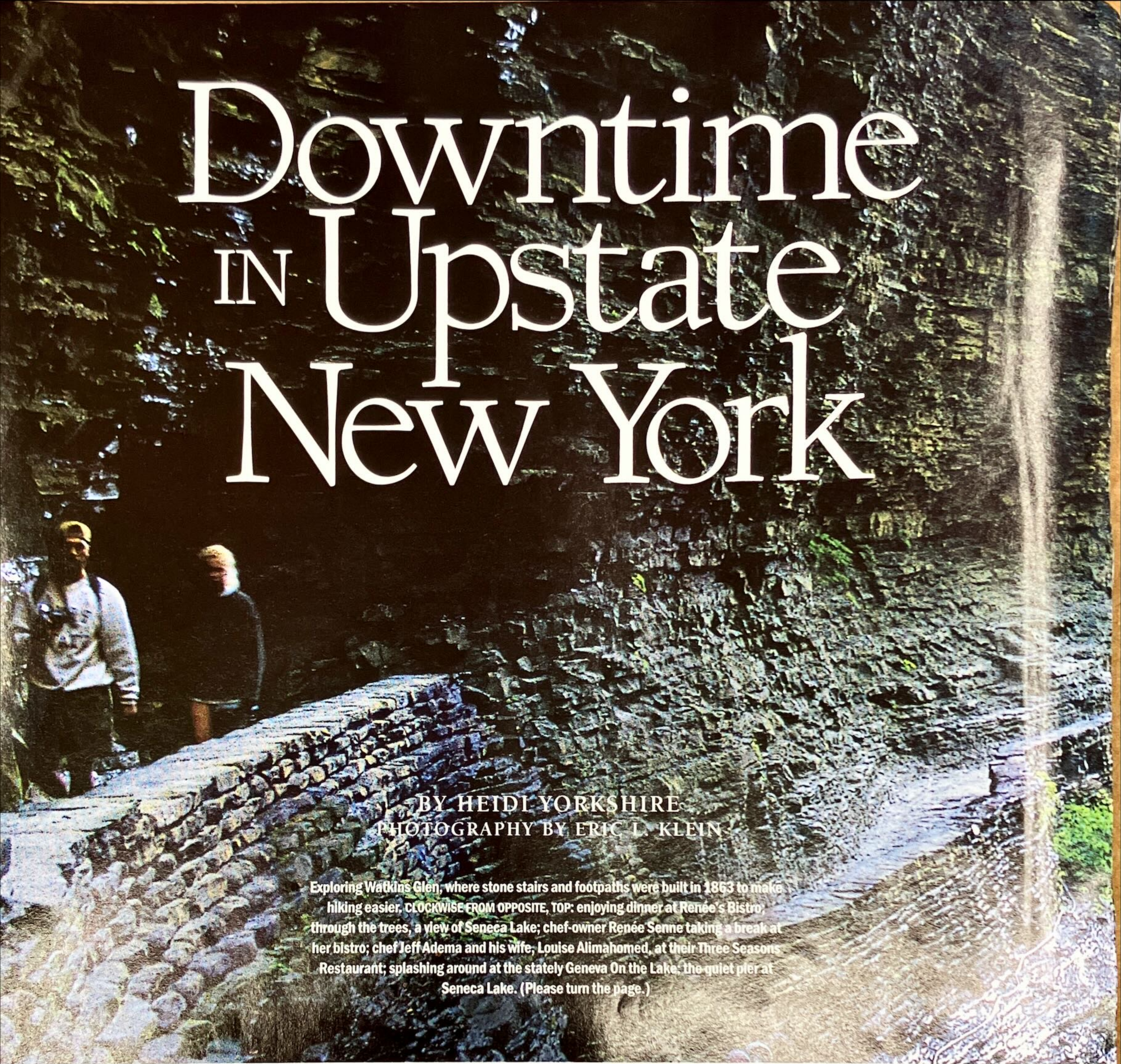
The bright "Sicilia" pattern from Cottura is a beauty for Italian-style alfresco meals.

Add some whimsy to the barbecue with this large rectangular palm tree platter from Pastis & Co.

Since it's made of aluminum, this platter from the L.S Collection is great for hard-core grill duty.

A long, narrow ceramic platter from Cyclamen Studio holds lots of food and fits easily in the center of the table.

FOR INFORMATION ON SOURCES AND PRICES, SEE PAGE 101.



Downtime in Upstate New York

BY HEIDI YORKSHIRE

PHOTOGRAPHY BY ERIC L. KLEIN

Exploring Watkins Glen, where stone stairs and footpaths were built in 1863 to make hiking easier. CLOCKWISE FROM OPPOSITE, TOP: enjoying dinner at Renée's Bistro; through the trees, a view of Seneca Lake; chef-owner Renée Senne taking a break at her bistro; chef Jeff Adema and his wife, Louise Alimahomed, at their Three Seasons Restaurant; splashing around at the stately Geneva On the Lake; the quiet pier at Seneca Lake. (Please turn the page.)

SENECA LAKE

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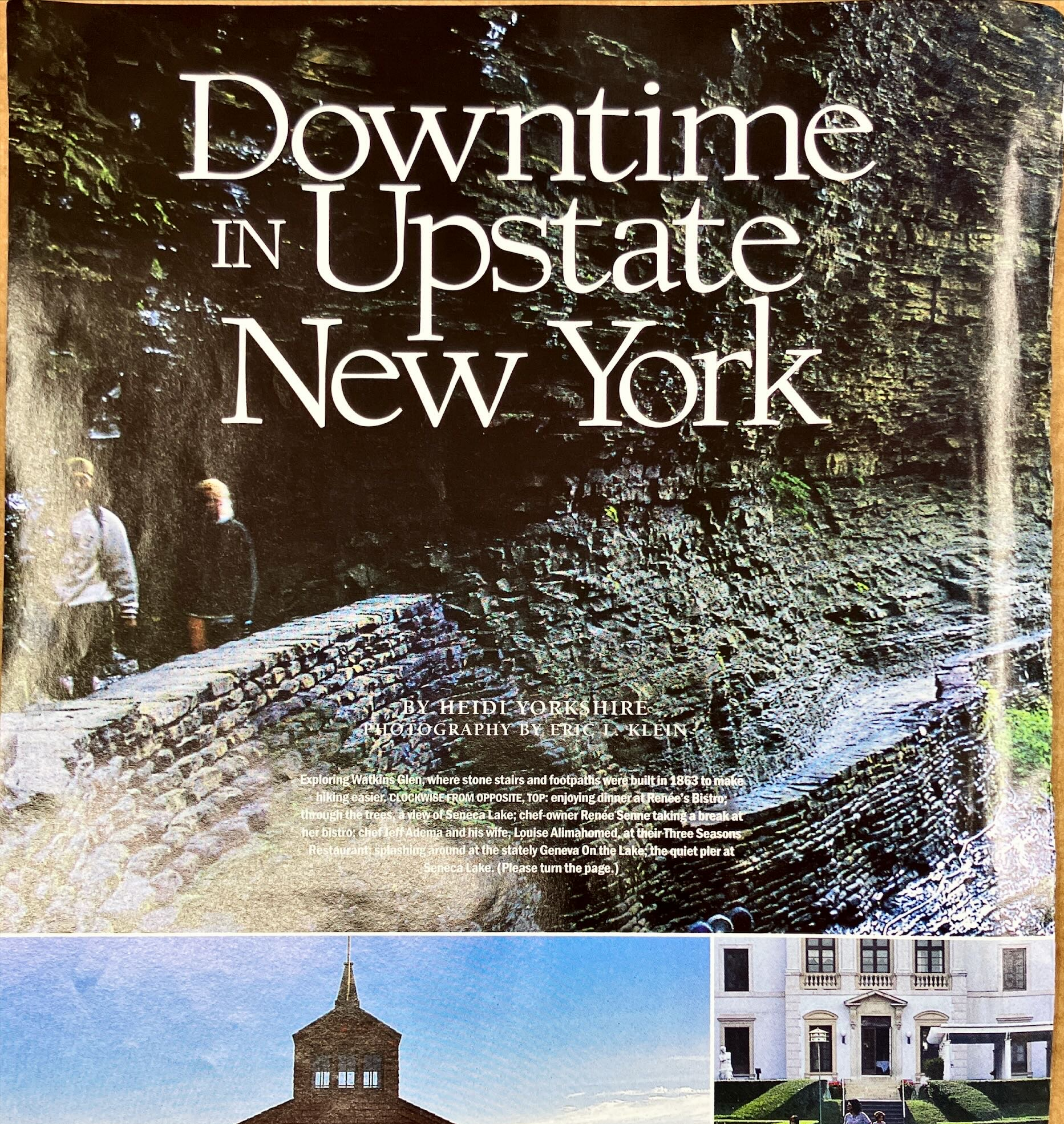

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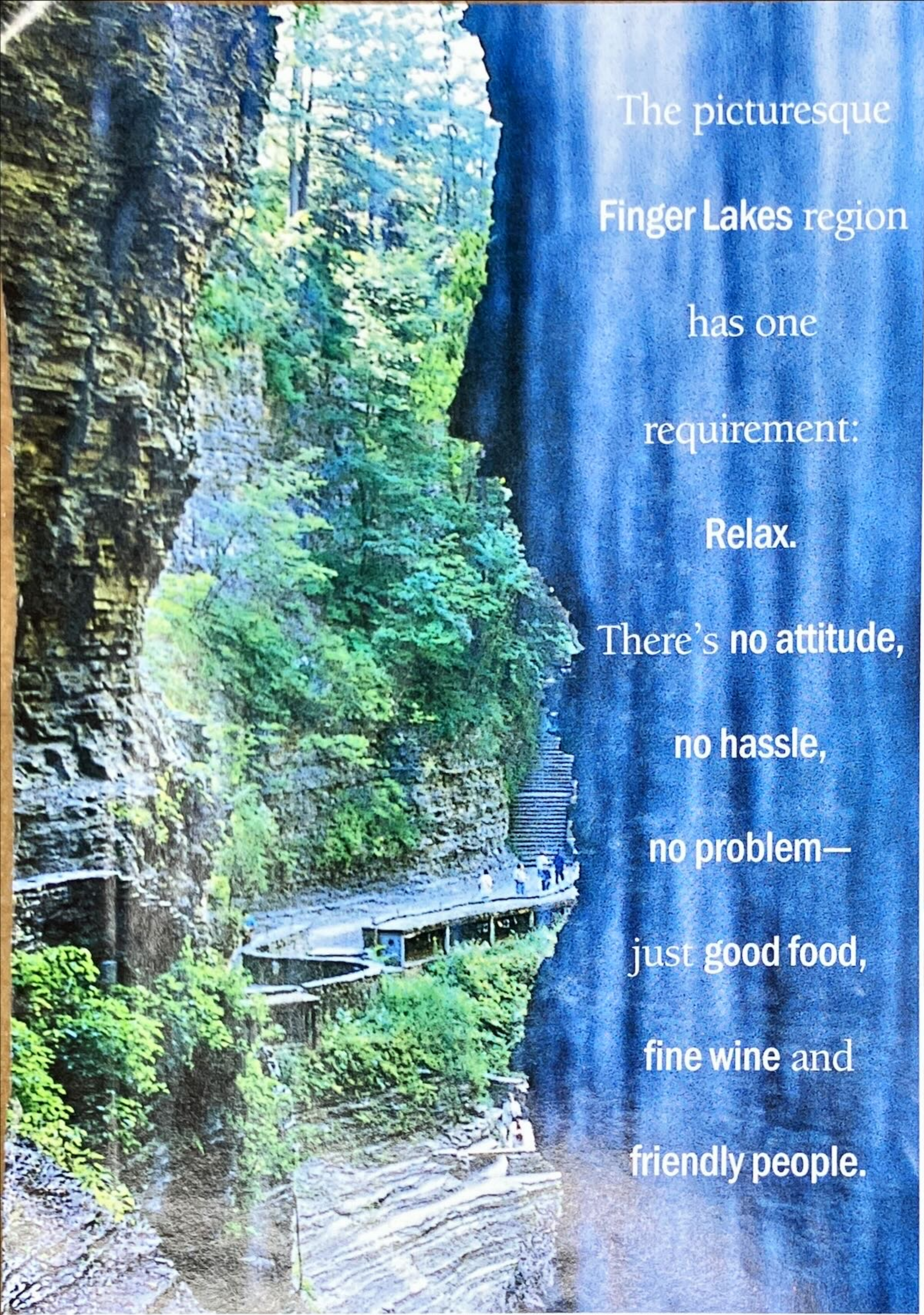
SENECA LAKE



The picturesque

Finger Lakes region

has one

requirement:

Relax.

There's **no attitude,**

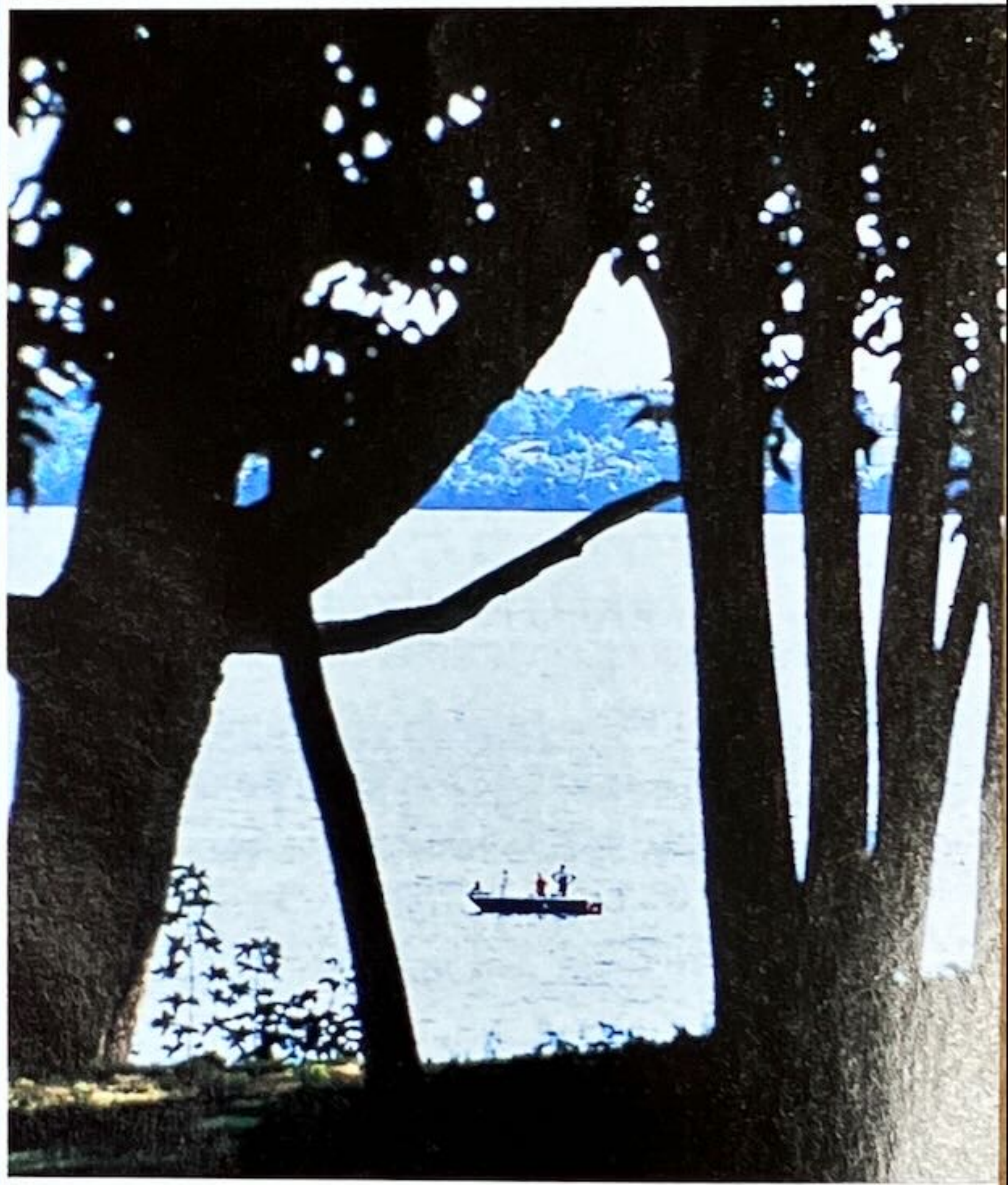
no hassle,

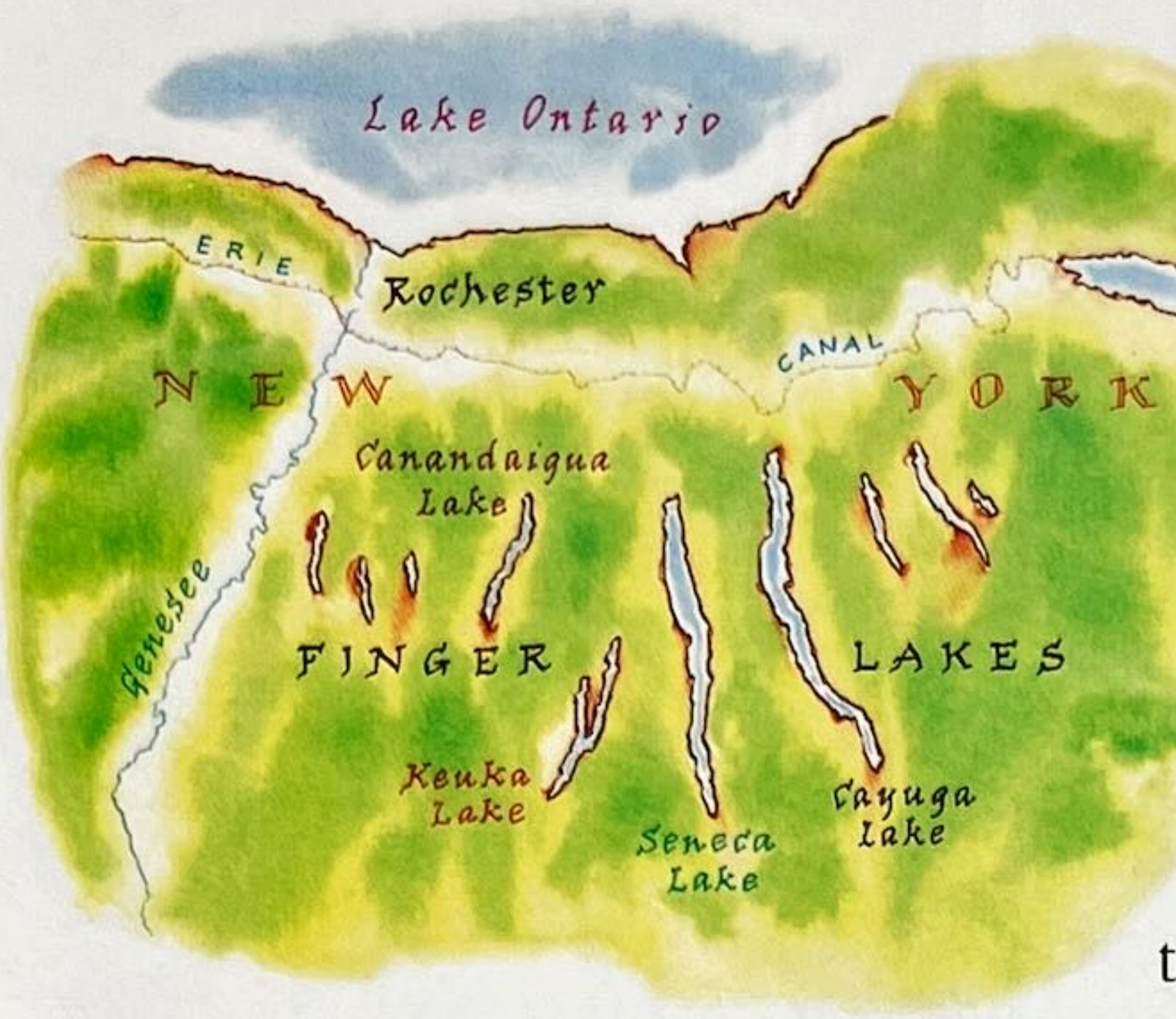
no problem—

just **good food,**

fine wine and

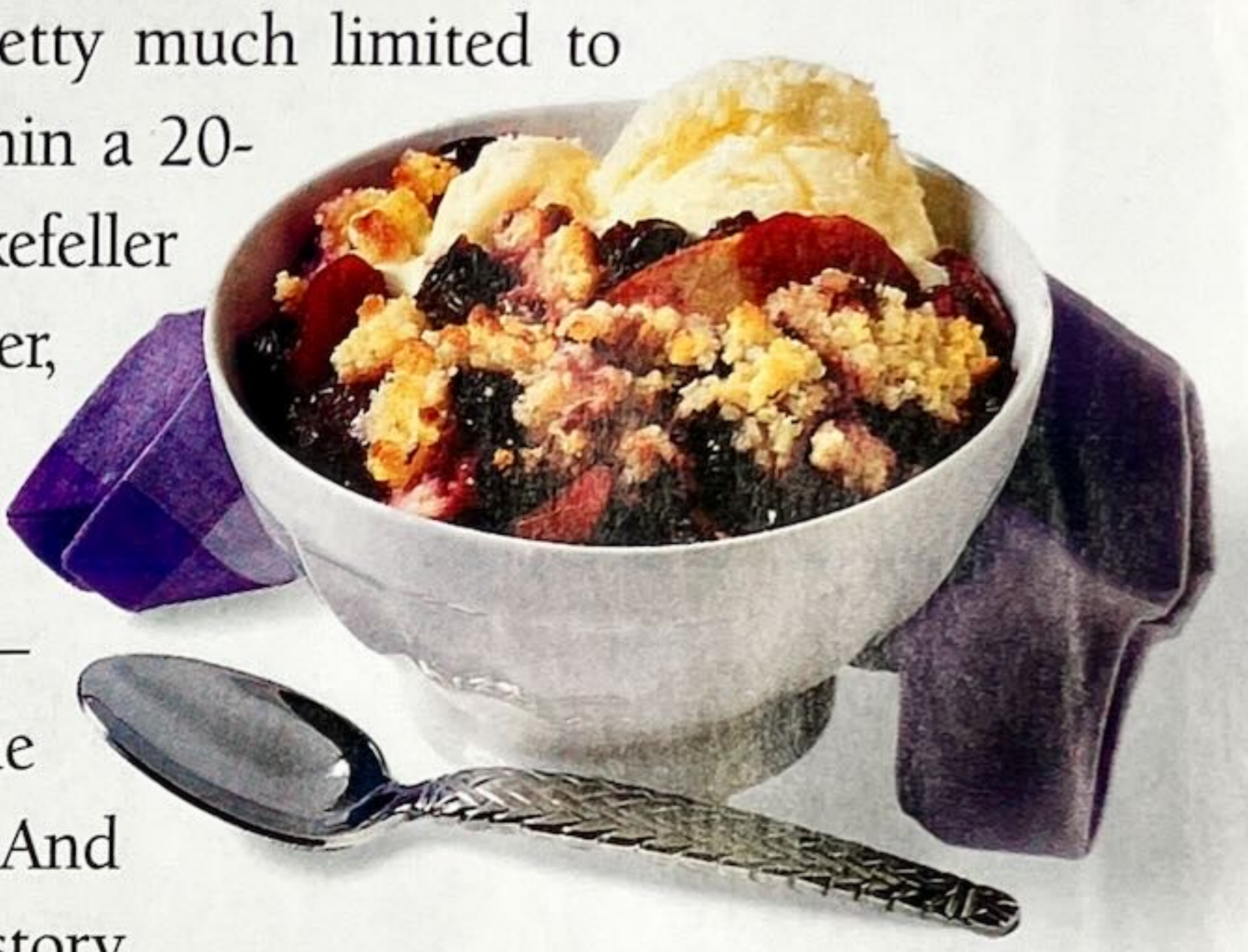
friendly people.





TRUE STORY: During a phone conversation with a friend who lives in Manhattan, I mentioned that I was going on vacation to the Finger Lakes. "How fabulous," she said. "Isn't that near Seattle?"

I'll admit that until quite recently my own concept of New York was pretty much limited to the landscape within a 20-mile radius of Rockefeller Center. But last summer, touring the Finger Lakes region of upstate New York, I discovered a place that's a long way—in both mileage and spirit—from Brooklyn. Nobody honks, it's tough to find a copy of the *Times*, and you can't get Chinese food delivered at 3:00 A.M. And even the big city can't compete with the great scenery, rich history, and fine produce and wines of the Finger Lakes.


Apple-Blueberry Crumble from Three Seasons (recipe is on page 80).

The stage for all this was set during the Ice Age, when glaciers gouged out the long, slender lakes and the steep, dramatic valleys that contain them. The region includes 11 lakes—the largest of which are Seneca and Cayuga—and getting around takes longer than it should because those darn lakes keep getting in the way.

The hilly terrain and narrow roads kept my speed down, preventing me from flattening one of the horse-drawn Mennonite buggies that seemed to pop up around every other curve. Going slowly also gave me plenty of chances to check out farmstands stacked with produce. No one seemed to be minding the store—you're expected to put the money in a cigar box or a coffee can and make your own change. (Now I really knew I wasn't in Times Square anymore.)

Among the first farmers to take advantage of these mild valleys were the Cayuga and the Seneca nations, two groups of Iroquois who were driven out by settlers around the time of the American Revolution. During the industrial nineteenth century, the lakes, rivers and waterfalls provided abundant power for mills and factories, and canals were built to link the bodies of water and ship products to market. The same canals were later put to use by bootleggers smuggling hooch from Canada during Prohibition.

Today the great outdoors is the biggest attraction. When I checked into the Reading House, a lovely 1820 Federal-style farmhouse on the southern tip of Seneca Lake, the first thing owners Rita and Bill Newell asked was "Have you hiked the glen?" They were talking about nearby Watkins Glen, a rocky gorge carved out by crashing waterfalls. After a good night's sleep, I was up to the challenge. The Newells first fortified me with a lively breakfast; Rita's tangy rhubarb-ginger jam and Bill's not-too-sweet nut muffins were just the thing to get me started.

I soon found myself taking a surprisingly *unchallenging* and rather pleasant stroll through the damp mists of Watkins Glen. Not even my hiking boots were necessary, thanks to an entrepreneur who, back in 1863, built stone stairs and pathways into the glen and started charging admission. (The glen became such a popular attraction that a village, also called Watkins Glen—where the Reading House is located—sprung up at the entrance.)

In those days, stylish men in frock coats and women in hoopskirts preferred to experience nature in an easily accessible way. Even now, in the age of cross-trainers and Lycra, the Finger Lakes remain a remarkably civilized destination, a haven for people who like waterfalls on Main Street, lakes with sidewalks, and vistas equipped with comfy benches, placed just so.

The vine-shaded patio at the Three Seasons Restaurant, in Romulus, about 40 miles northeast of Watkins Glen, is certainly one of those civilized spots. Chef Jeff Adema and his Dutch-Indian wife, Louise Alimahomed, were all set to conquer the culinary world in Boston or Seattle when Jeff's mother and stepfather, owners of the nearby Knapp Vineyards, convinced them to consider Cayuga Lake. Even knee-deep snow on the day they arrived didn't discourage them, and they opened in 1992.

"We made one promise to ourselves when we started, and that was that we would not compromise the quality and creativity of our food," Louise said. "People would come in and say, 'No hot dogs? No hamburgers? What's this pesto stuff?' But we just kept explaining and letting them taste things, and now we have a much more daring clientele."

Jeff cooks up a multinational variety of flavors, from sautéed duck salad with balsamic vinaigrette to shrimp in Thai-style red curry sauce. He's justly proud of his desserts, especially fruit crumbles with butter-crumb crunch topping.

But there's more to Cayuga Lake than beautiful scenery and good desserts. History buffs have a field day there, as it was once a hotbed of abolitionism and feminism. It was in Seneca Falls, at the northern tip of the lake, that Elizabeth Cady Stanton and Lucretia Mott planned a conference on

{CONTINUED ON PAGE 79}

FOOD SILHOUETTES BY JOHN KELLY; ILLUSTRATION BY OLIVER WILLIAMS

women's rights in 1848. They weren't sure if anyone would come. But on a hot July day, three hundred people crowded into the Wesleyan Chapel to hear Stanton read her Declaration of Sentiments, modeled on the Declaration of Independence.

Seventy-two years later women got the vote, and it took six decades more to establish Women's Rights National Historical Park on the site of the gathering. In the ruins of the chapel, tourists fall silent, perhaps imagining the voices of the women who proclaimed their own right to life, liberty and the pursuit of happiness.

Today the streets of Seneca Falls and nearby Geneva are lined with grand mansions, the most famous being a resort called Geneva On the Lake. Built in the early 1900s as a private home, this Italian-style building is situated on ten acres of formally landscaped gardens, complete with Greek statues. But I had more fun touring another mansion, now home to the Seneca Falls Historical Society. My guide was Anne Derousie, who walked me through exhibits of items ranging from Victorian furniture to relics of the town's industrial past, including a giant sausage-stuffing machine. Anne is a native of the area, so I asked her to recommend a place for lunch, and she suggested Connie's Diner in Waterloo, a short drive west.

Anne also told me about a local custom inspired by the large Italian-American population in the area. "Just about all the diners around here serve Italian food besides the ordinary burgers and fries," she said. "When I was a kid, I thought that was totally normal. When I started to travel, I was amazed that other diners didn't serve spaghetti and meatballs."

Connie's is a classic, with orange-upholstered booths; and, indeed, there were Italian—or at least Italian-American—dishes. The sausage sandwich with peppers and onions was pretty darn good. Similar in style was the Dairyman's Diner, in the village of Dresden. "This isn't the Napa Valley," said my breakfast companion, winemaker Scott Osborn from Fox Run Vineyards—as if the knotty pine paneling and stuffed-cow motif hadn't tipped me off. But I couldn't knock the pancakes and bacon, which hit the spot.

That sort of straightforward meat-and-potatoes cooking is exactly what is being served up at the Victor Grilling Co. by Mark and Sue Cupolo. Except this is truly remarkable meat and potatoes. Located in the town of Victor, between Rochester and Canandaigua Lake, the dining room is not in the main tourist zone, but it's worth the drive for dinner. "It might sound like a backward way to run a restaurant, but Mark decided to cook what he likes, and then we hoped somebody out there would like to eat it," said Sue.

The word *grilling* in the restaurant's name is something these two take seriously: Mark works wonders with tender lamb chops, a smoked pork rib chop, dry-aged sirloin. I stopped counting fat grams when side dishes like creamy mashed potatoes, crisp onion rings, and a gratin of macaroni and New York State cheddar turned up. There is a notable selection of local wines, such as one of the finest reds, Standing Stone Vineyards Cabernet Franc.

Rhubarb-Ginger Jam from the Reading House (recipe is on page 80).

At this point in my trip I was beginning to understand yet one more aspect of the Finger Lakes' charm: people. Everyone I met was friendly, open, helpful. Like the area's slow pace and natural beauty, the delightful people I kept talking to reminded me that I was indeed a long way from the city. That feeling was underscored by the warm welcome I received from Terry and Bob Barrett at their Keuka Overlook Inn, which overlooks, if you will, Keuka (pronounced Q-ka) Lake.

At breakfast, while we ate peachy French toast and sausage made by the Barretts' Mennonite neighbors, Bob explained—during a torrent of local history—how the black-clad Amish sect split from the Mennonites. "You see, the Amish thought the Mennonites were too liberal," he said. "The Mennonites used buttons on their clothes, even though buttons weren't mentioned in the Bible." We all agreed that we were in favor of buttons and other such progressive things, but were very happy that the Mennonites continued to make sausage the way they did.

I skipped the Barretts' breakfast the next day at the request of some friends who were taking me to The Windmill. This combination farmers' market, swap meet, crafts bazaar and country fair is situated near the town of Penn Yan, about a nine-mile drive north from Keuka Lake and the Barretts'. When we arrived, my friends hustled me straight to a food stand called Valhalla so that I could sample one of its famous frittatas. "You're only ordering one? Aren't you guys eating?" I asked.

I soon discovered one was plenty. Even though all three of us attacked the huge four-egg wonder—filled with sausage, red peppers, ham, onions, bacon, American cheese and potatoes—we pooped out long before we could finish it.

But The Windmill has more than just Valhalla and its frittatas. For sale there are fresh tomatoes and corn; maple syrup; sugared doughnuts; fresh Concord grape juice; used computer components; pizza-flavored bagels; big, soft pretzels; rebuilt vacuum cleaners; and fruit pies. A portly accordionist, in a broad-brimmed straw hat, serenades the crowd, and displays a long list of song titles available for requests.

Later that day, after less than an hour's drive from Penn Yan, I landed in an entirely different culture at the bustling Ithaca Farmers' Market. In a breezy pavilion on the southern tip of Cayuga Lake, vendors hawk farm-fresh produce, much of it organic or sustainably grown, and products like naturally dyed wool yarn and tie-dyed T-shirts. Up-to-date dads carried infants in African-style wraps, earnest foodies debated the relative merits of Japanese or Thai eggplant, and Cornell students lounged in scruffy outfits designed to infuriate parents who are dishing out 20 grand a year for an Ivy League education. An accordion provided background music here, too, though the player was about 50 years younger than the

{CONTINUED ON PAGE 80}

straw-hatted gentleman at The Windmill.

Despite Ithaca's location in the middle of nowhere, it's got a college town's de rigueur coffee bars and bookstores, as well as several imaginative restaurants. Just a Taste, an eclectic tapas bar, lists several dozen small savory plates and over 40 wines by the glass on its menu. Its patio is a perfect spot to spend a summer day.

Even in the northern latitudes, Coyote Loco's turquoise facade augured well for a Mexican restaurant. The impression was confirmed by tasty fare with nineties flair, like deep-fried, cornmeal-crusted *chiles rellenos* stuffed with goat cheese and shiitake mushrooms. At Trattoria Tre Stelle, the pizzas are crisply Italian.

And every college town needs a place where the family can splurge when Mom and Dad visit. In Ithaca, that's Renée's Bistro, an elegant room where chef-owner Renée Senne puts her French training to good use with classics like duck pâté, shrimp and sea scallops with saffron beurre blanc, and *tarte Tatin*.

Still, despite such delicious manmade pleasures, it's the extraordinary setting that makes the Finger Lakes unique. As I sat in the warm sun one afternoon on the deck at Fox Run Vineyards, drinking in the view of Seneca Lake, winemaker Scott Osborn sat down beside me.

"I wish you were here for one of the thunderstorms we sometimes have in the summer," he said. "You can be sitting here in the sun, three hundred yards from the shore, and watch the clouds gather over the lake, the rain fall and lightning flash as if that were a movie. And here it's sunny. People run for their video cameras.

"Yep, that's what I love about this place," said Scott. "You just sit here and watch Mother Nature at work."

I can't recall anybody's ever saying that about Manhattan.

THE WINE ROAD

Winery touring is one of the real pleasures of a Finger Lakes vacation. Part of the fun is the variety of wines you can sample: Besides vinifera grapes (like Chardonnay, Gewürztraminer and Riesling), winemakers here use labrusca grapes (North American natives like Concord and Niagara) and hybrids (crosses between labrusca and vinifera). Lovers of European wines tend to turn up their noses at anything but vinifera, but you'll discover some new flavors if you have an adventurous attitude.

At **Anthony Road Wine Company,** a minuscule winery on Seneca Lake, the late-harvest Vignoles (a hybrid grape) is a lush dessert wine with the flavors of golden raisins, apricot, mango, orange and lime. **Lakewood Vineyards** makes a surprisingly subtle ice wine—a type of dessert wine—with Concord, believe it or not.

The Finger Lakes' climate, steep slopes and lakes are similar to those of Germany's Mosel region; so, not unexpectedly, some of the area's best wines are Rieslings. Among the most respected winemakers here is a native of Germany, **Hermann J. Wiemer,** who makes Rieslings with character that many European vintners would envy.

The postmodern tasting room at **Lamoreaux Landing Wine Cellars** is a great stop for architecture buffs and lovers of award-winning Riesling and Chardonnay. And my favorite place was **Fox Run Vineyards,** where I toured the winery (housed in a restored 1867 barn) and basked in the sun on the deck while sipping one of their reserve Chardonnays.

Rhubarb-Ginger Jam

From Reading House innkeeper Rita Newell.

MAKES ABOUT 1½ CUPS

1 1-pound package frozen sliced rhubarb (unthawed)
1¼ cups sugar
3 tablespoons chopped crystallized ginger (about 1 ounce)
1 teaspoon grated lemon peel

Combine all ingredients in heavy medium saucepan. Stir over medium-high heat until sugar dissolves. Bring to boil. Reduce heat to medium and simmer until jam thickens and mounds on spoon, stirring often to prevent scorching, about 20 minutes. Transfer to bowl. Cover; chill. *(Can be prepared 1 week ahead. Keep chilled.)*

Apple-Blueberry Crumble

Serve this homey favorite from Three Seasons with vanilla ice cream.

6 SERVINGS

FILLING

3 6-ounce baskets fresh blueberries (about 3 cups)
1 pound tart green apples (such as Pippin or Granny Smith), peeled, cored, cut into ⅓-inch-thick slices (about 3 cups)
¾ cup sugar
6 tablespoons orange juice
3 tablespoons cornstarch

TOPPING

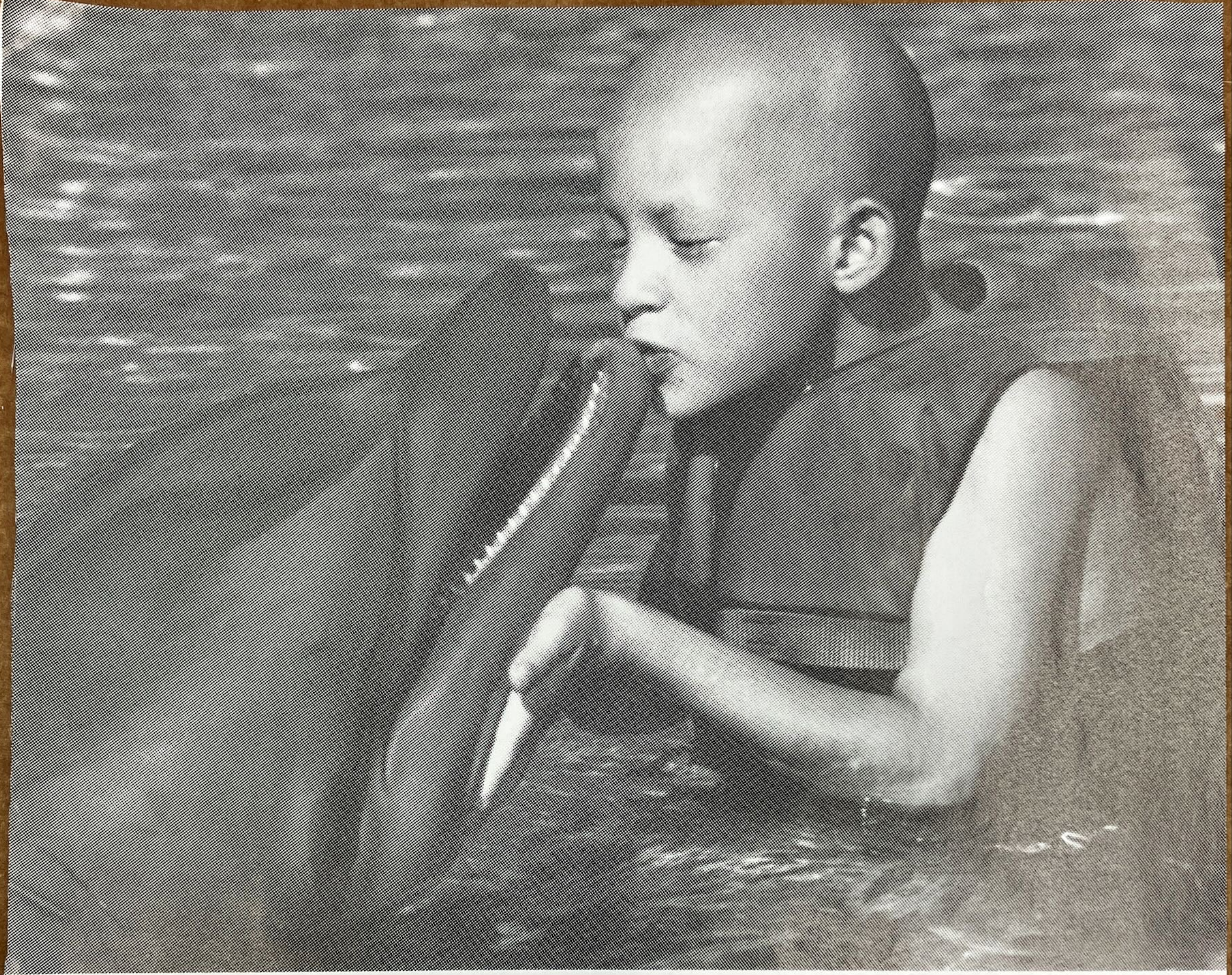
1 cup all purpose flour
½ cup sugar
½ cup (1 stick) chilled unsalted butter, cut into pieces

FOR FILLING: Preheat oven to 375°F. Combine all ingredients in large bowl; toss gently. Transfer to 8x8x2-inch glass baking dish. Place on baking sheet. Bake until fruit begins to soften and mixture bubbles slightly, about 45 minutes.

MEANWHILE, PREPARE TOPPING: Mix flour and sugar in medium bowl. Add butter; rub in with fingertips until mixture forms coarse crumbs. Sprinkle over filling. Return to oven and bake until apples are tender, filling bubbles and topping is crisp, about 35 minutes. Cool slightly and serve.

Heidi Yorkshire is a food, wine and travel writer who lives in Portland. She is a frequent contributor to Bon Appétit.

FOR RESERVATION INFORMATION, SEE PAGE 101.



Wish child Blake, age 8

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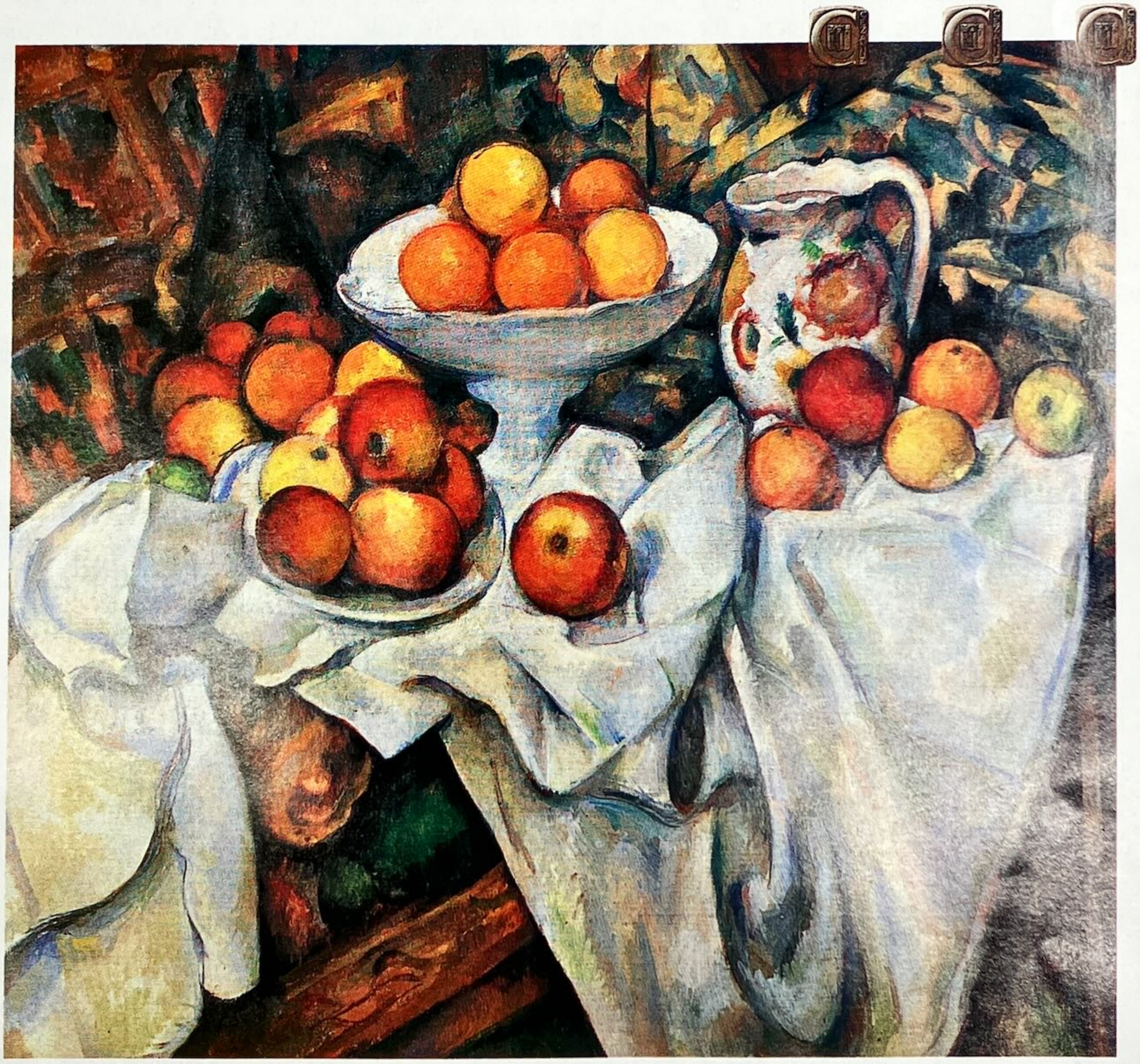
IN THE Footsteps OF Cézanne

THE TIMELESS CITY OF **AIX-EN-PROVENCE** INSPIRED ONE OF FRANCE'S GREATEST ARTISTS. TODAY, ITS RESTAURANTS, CAFÉS, HOTELS AND SCENERY PAINT A DELICIOUS AND BEAUTIFUL PICTURE ALL THEIR OWN.



MUSÉE D'ORSAY/SUPERSTOCK

OPPOSITE: checking out the sights, sounds and tastes of the Cours Mirabeau, the main thoroughfare of Aix-en-Provence and a route that Cézanne used to walk daily. **ABOVE:** the artist's *Pommes et Oranges*. (Please turn the page.)

BY CHARLES HENNESSY

PHOTOGRAPHY BY MARGARET SKINNER/GEORGES VÉRON

IT IS THE CONSIDERED viewpoint of master chef Alain Ducasse that "art and cuisine are closely linked; they are both expressions of the senses designed to be shared, experienced and appreciated by others." And when one of the first men in the history of such things to gain five simultaneous Michelin stars has something to say about food, it behooves lesser mortals to listen up.

The great man, as it happens, was talking about his fellow-Provençal, Paul Cézanne (whose favorite dish, Ducasse says, was simply potatoes with olive oil). Any conversation about Cézanne inescapably leads to talking about his place of birth and his place of death: Aix-en-Provence. To put a new spin on an old saw, you could—though with difficulty—take Cézanne out of Aix, but you could not take Aix out of Cézanne. The oil for those potatoes had to be made from the olives in the groves that, like so many other gifts of nature, surrounded, and still surround, the town.

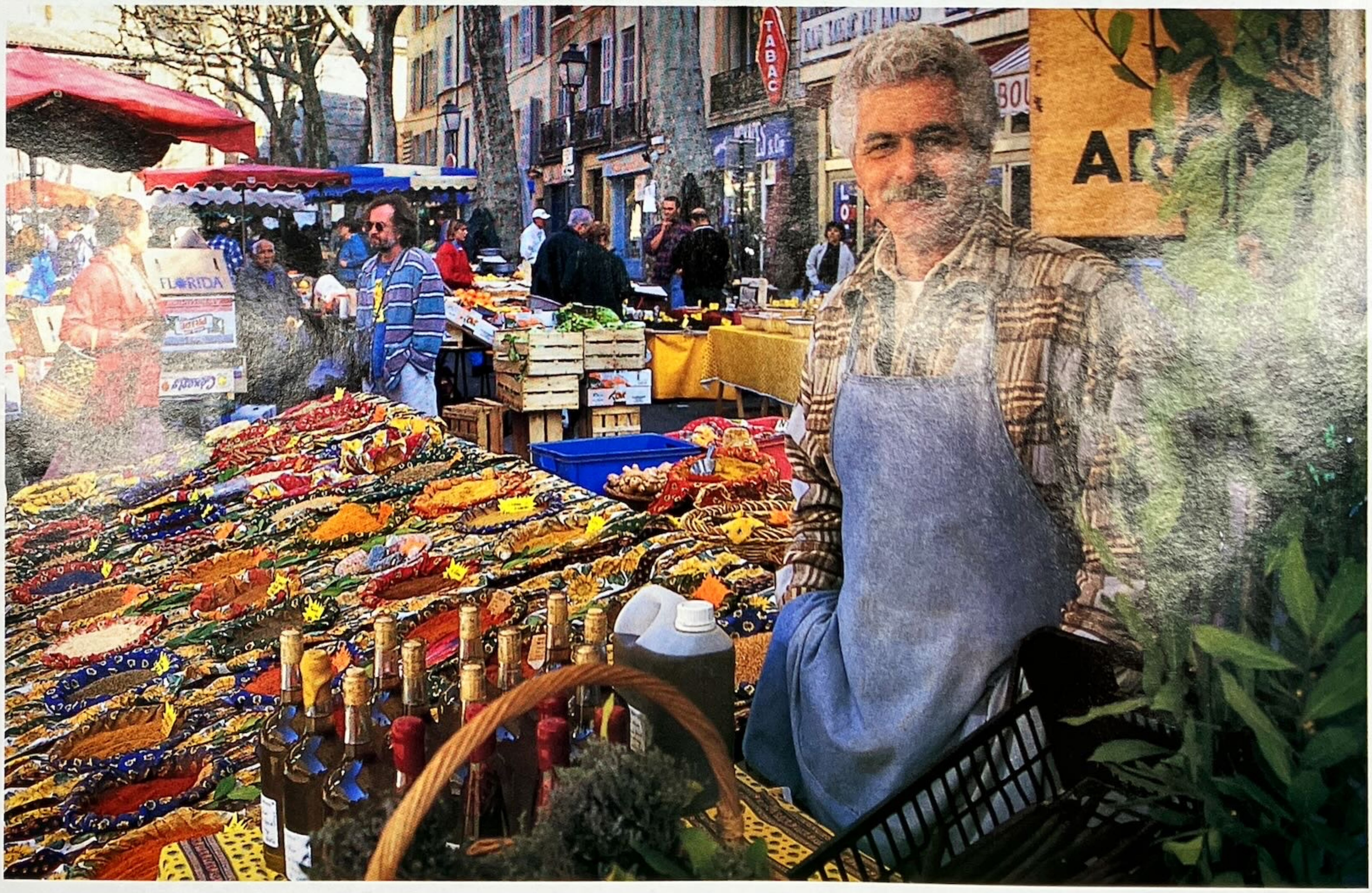
Not that his was a love affair with the place: more an incurable malady, to be borne manfully for the sake of his art, the seeds of which were in Aix. To a friend he wrote, with poignant helplessness, "When you are born there, you're done for. Nothing else appeals."

Town and man remain inseparable, and in Aix today you can walk, almost literally, in Cézanne's footsteps, guided by the brass studs helpfully implanted by the city fathers in the sidewalks he habitually trod. Posters in the tourist office, postcards outside the *tabacs*, reproductions on menu covers, all make the painter unavoidable.

But in a town late to appreciate its favorite son, and that boasts not a single major work by him, his presence goes deeper: It is in the light, in the aromas that escape from kitchens, in the very sound of the waters that first drew the Romans to the site. As the poet, artist and filmmaker Jean Cocteau noted, "In Aix a blind man could believe it was raining, but if he could see…he would marvel at a hundred blue fountains singing a song of praise to Cézanne."

The fountains burble still on the Cours Mirabeau, the handsome, instantly engaging thoroughfare—a sort of domesticated, more intimate Champs-Elysées—that is the heart of today's Aix, as it was of Cézanne's. When the city was young, this living monument was built on the site of the old Roman ramparts as a place of promenade for Aix's patrician families. *Faire le Cours* ("Doing the Cours") is what the locals called this ritual stroll, and their more democratic descendants still do. Conveniently for the visitor, with one or two exceptions, all the major sights of Aix are within the charmed circle—the Cours its center—of the old town and are best reached on foot, which is how Cézanne did it.

Start your walking tour, as the painter might have done, by sitting down—on the terrace of one of the cafés that line the leafy avenue alongside bookstores, boutiques, hotels and restaurants. Cézanne's



ABOVE: herbs and spices for sale at the market on the place des Prêcheurs. **ACROSS TOP OF PAGE:** the brass studs that mark Cézanne's footsteps around Aix.

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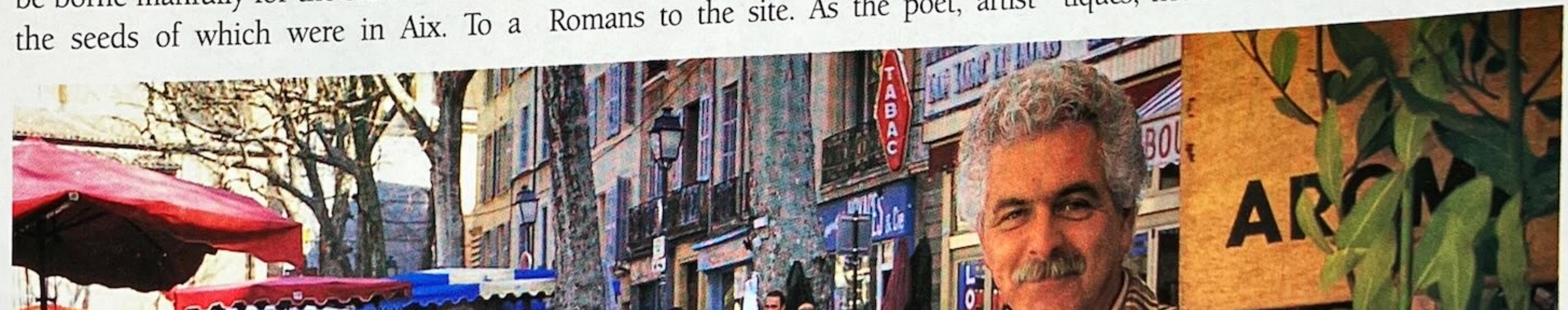

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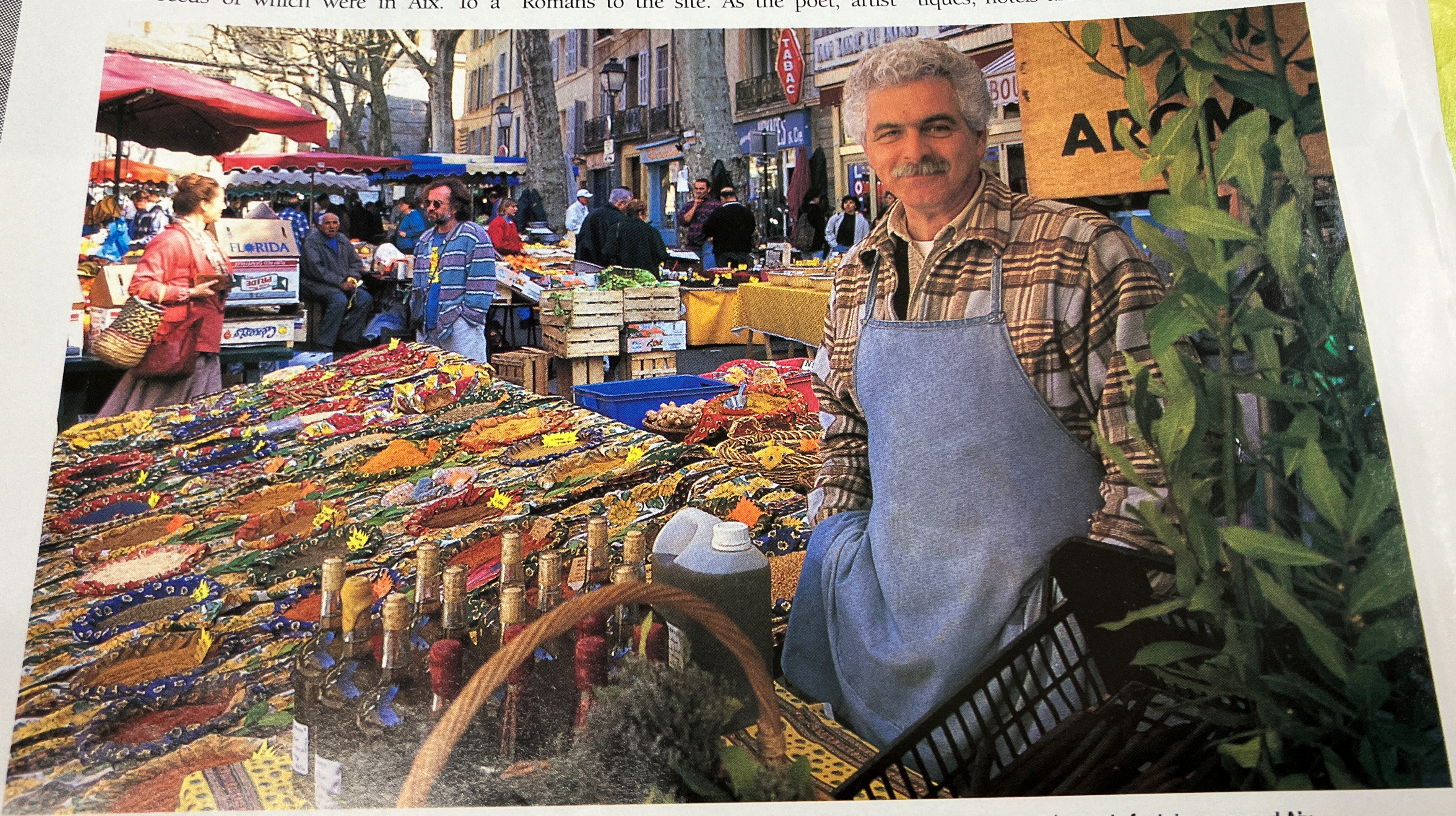


ABOVE: herbs and spices for sale at the market on the place des Prêcheurs. **ACROSS TOP OF PAGE:** the brass studs that mark Cézanne's footsteps around Aix.

IT IS THE CONSIDERED viewpoint of master chef Alain Ducasse that “art and cuisine are closely linked; they are both expressions of the senses designed to be shared, experienced and appreciated by others.” And when one of the first men in the history of such things to gain five simultaneous Michelin stars has something to say about food, it behooves lesser mortals to listen up.

The great man, as it happens, was talking about his fellow-Provençal, Paul Cézanne (whose favorite dish, Ducasse says, was simply potatoes with olive oil). Any conversation about Cézanne inescapably leads to talking about his place of birth and his place of death: Aix-en-Provence. To put a new spin on an old saw, you could—though with difficulty—take Cézanne out of Aix, but you could not take Aix out of Cézanne. The oil for those potatoes had to be made from the olives in the groves that, like so many other gifts of nature, surrounded, and still surround, the town.

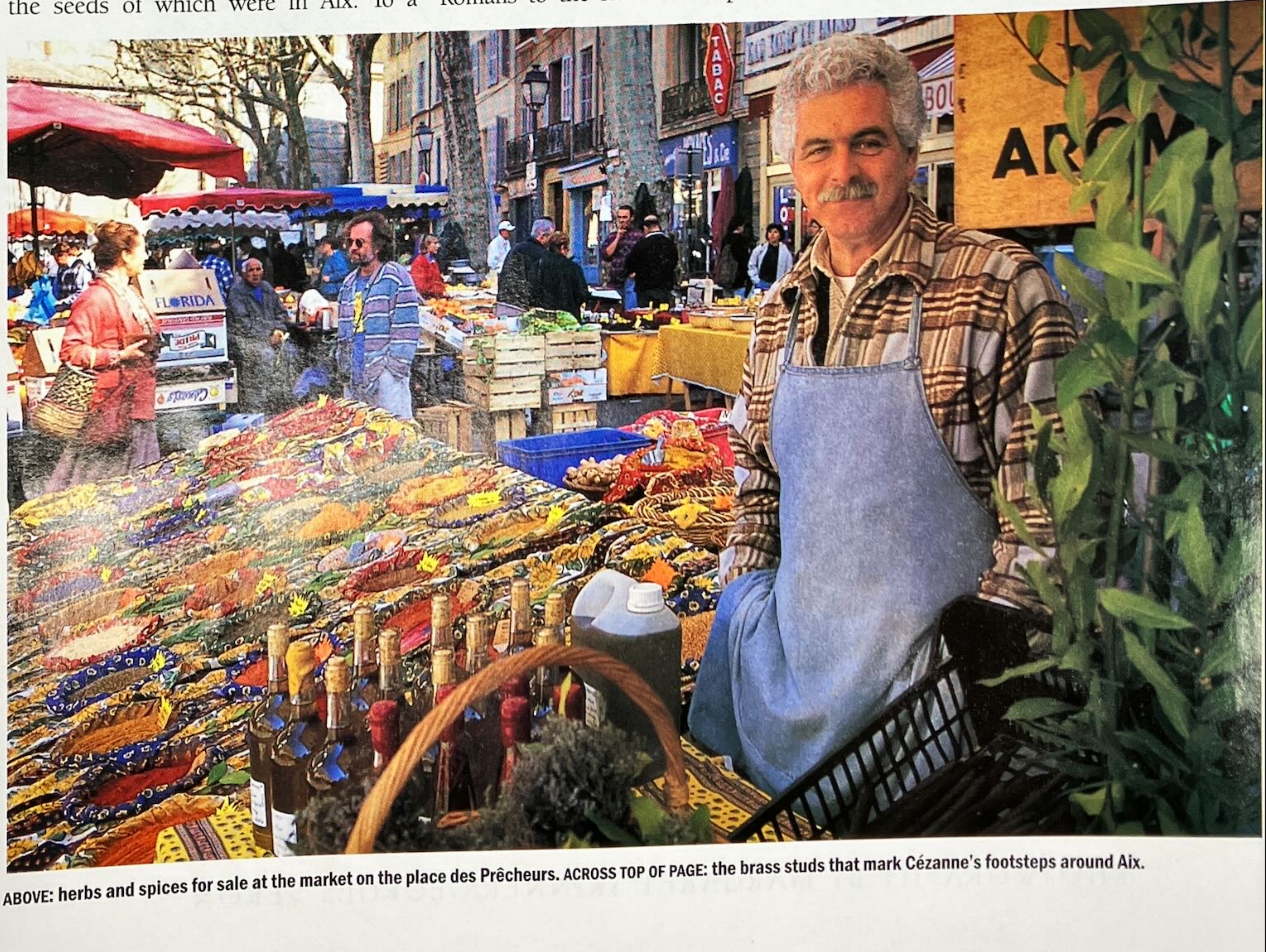
Not that his was a love affair with the place: more an incurable malady, to be borne manfully for the sake of his art, the seeds of which were in Aix. To a friend he wrote, with poignant helplessness, “When you are born there, you're done for. Nothing else appeals.”

Town and man remain inseparable, and in Aix today you can walk, almost literally, in Cézanne's footsteps, guided by the brass studs helpfully implanted by the city fathers in the sidewalks he habitually trod. Posters in the tourist office, postcards outside the *tabacs*, reproductions on menu covers, all make the painter unavoidable.

But in a town late to appreciate its favorite son, and that boasts not a single major work by him, his presence goes deeper: It is in the light, in the aromas that escape from kitchens, in the very sound of the waters that first drew the Romans to the site. As the poet, artist and filmmaker Jean Cocteau noted, “In Aix a blind man could believe it was raining, but if he could see…he would marvel at a hundred blue fountains singing a song of praise to Cézanne.”

The fountains burble still on the Cours Mirabeau, the handsome, instantly engaging thoroughfare—a sort of domesticated, more intimate Champs-Elysées—that is the heart of today's Aix, as it was of Cézanne's. When the city was young, this living monument was built on the site of the old Roman ramparts as a place of promenade for Aix's patrician families. *Faire le Cours* (“Doing the Cours”) is what the locals called this ritual stroll, and their more democratic descendants still do. Conveniently for the visitor, with one or two exceptions, all the major sights of Aix are within the charmed circle—the Cours its center—of the old town and are best reached on foot, which is how Cézanne did it.

Start your walking tour, as the painter might have done, by sitting down—on the terrace of one of the cafés that line the leafy avenue alongside bookstores, boutiques, hotels and restaurants. Cézanne's



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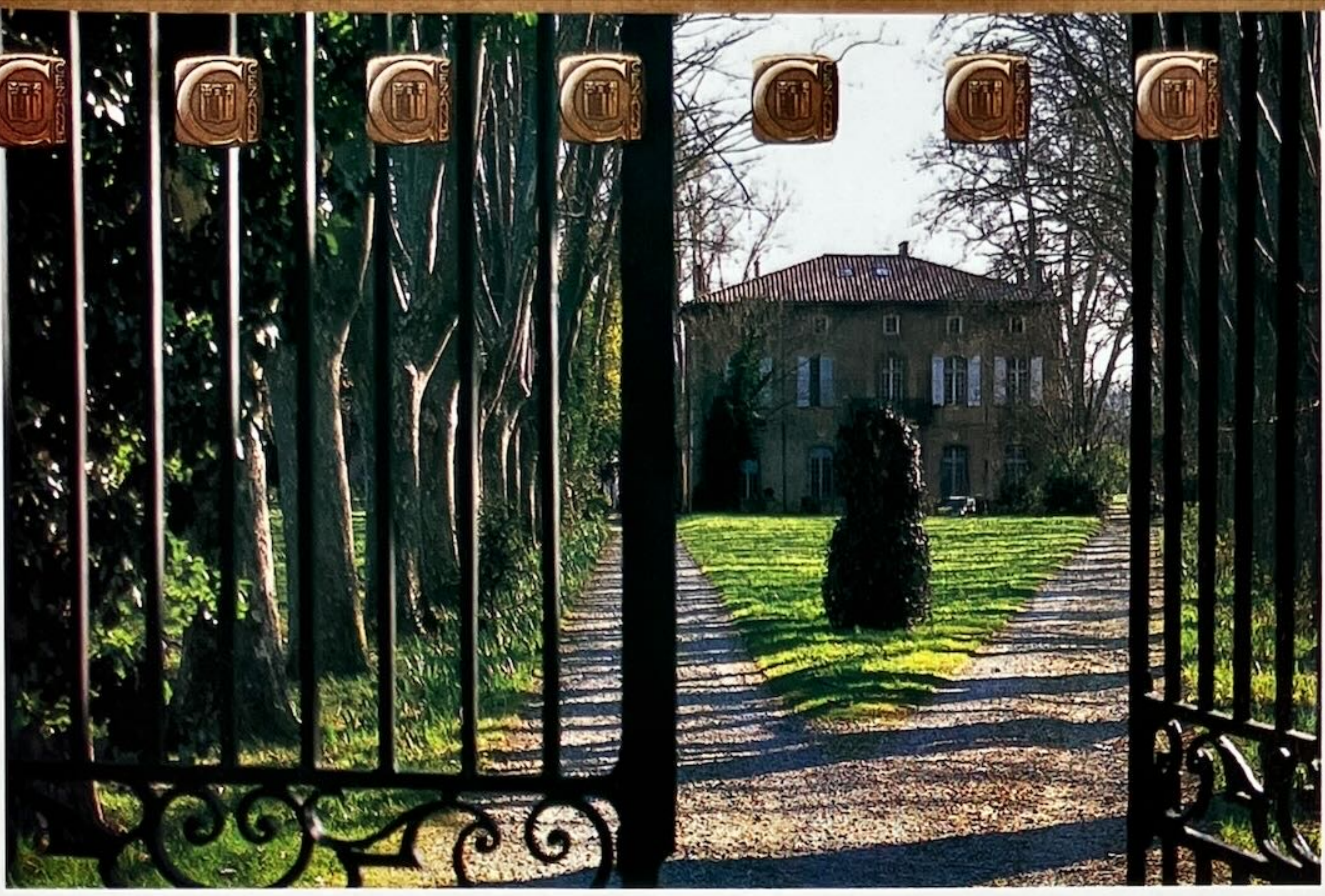

Cézanne's elegant childhood home, the estate called Jas de Bouffan.

favorite, Chez Clem, is long gone, but La Royale, on the other side of the street, will do very well. It is midday, therefore aperitif time, and this is the Midi; therefore the aperitif must be pastis, the socially acceptable, nonlethal, anise-based descendant of the fearsome absinthe painted, and cheerfully imbibed, by the Impressionists. Cézanne's fancy, according to his great-grandson, lay elsewhere: "He could never refuse a small glass of the local white wine." Pastis, they say, is an acquired taste. So? Acquire it. Fight prejudice. And then sit back in your ringside seat and enjoy the nonstop show.

The cavalcade moves at two speeds. Aix has been a university town for centuries, which is why it has aged so well: Its lifeblood, like the waters of its fountains, is constantly renewed. The young—backpacked, blue-jeaned, book-laden—have a destination and need to get there. Their elders—professors, intellectuals, artists, writers, retired Parisians, Marseille fat cats, all Hermès, Lacoste, loden—having *been* there, prefer to savor where they are, and watch the trees, the fountains, the sun and the reverse spectacle of all the *other* people on the terraces of the unsad cafés.

This is the center of Aix's great divide. Behind you lies medieval Aix—the *quartier ancien* of winding, sloping, narrow streets, cathedral, town hall and small cobbled squares. In front, south beyond the Cours's plane trees, lies the Quartier Mazarin, the refined, gracious Aix of tall, balconied town houses, serene squares, haughty palaces. It is the sum of these two parts that gives the city its remarkably well defined cultural identity, its grace and gentility—a permanent bastion of civilization that is also sparky, sensual, full of fun.

Your milky pastis is finished. All over the city, garlic and tomatoes are being sliced and diced, and olive oil is bubbling. Make a sharp left off the Cours into the narrow rue de la Masse and glance through the all-glass doors of the Hotel des Augustins. As its name more than hints, the hotel was a fifteenth-century monastery that sheltered Martin Luther—himself an Augustin—on his return from excommunication by the pope. The place was converted into a hotel in 1892; refurbished, air-conditioned and soundproofed in 1984; and is today a near-perfect base for exploring Aix and its surroundings. Inside, all is monastic spareness, original convent walls, ancient furniture. There is, however, no dining room, so move on.

Turn left and left again onto the rue Paul Doumer, and enter the imposing facade of l'Amphitryon. Walk through the sudden shade of the first room (save this for a night when the mistral blows) and out into the sunshine again and a stone-flagged courtyard. Here, yellow parasols (looking like the area's sunflowers), cane chairs and chastely naped tables circle a magnolia tree. This is the domain of co-owner and chef Bruno Ungaro (the Parisian couturier, also from Aix, is his cousin).

The prix fixe menu proposes what caught Ungaro's eye in the market that morning. It starts with a terrine of wild mushrooms (*girolles*), for instance, with foie gras and leeks. They're sealed in aspic, wrapped in a fine slice of local ham and decorated with a puree of onions and carrots. Next are noisettes of lamb with more wild mushrooms (cèpes this time), cream, carrot and onion again, but *grilled*—all served with a mound of couscous.

Three market-fresh local cheeses are followed by a slice of a French classic: an Opéra, the unctuous layered oblong of chocolate cake, accompanied by a vanilla ice in a pastry nest and a sauce of apricots and red berries. Is this chef an artist, or is this artist a chef?

Feeling good, head down to the Cours again and cross it, as Cézanne did a thousand times: You are in the imposed order, calm and elegance of the seventeenth and eighteenth centuries. This is the Quartier Mazarin, an area of august town houses and grand, but hidden, gardens. Check the sidewalk studs. They will lead you to the painter's birthplace; to his school, now the Lycée Mignet; and to his art school, now the Musée Granet.

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Bruno Ungaro, chef of l'Amphitryon, and his colorful collection of pastis jugs.

Nearby is the most celebrated of all Aix's fountains, and the first to be built in the middle of a street rather than against a wall. Fontaine des Quatres Dauphins has four dolphins, freeze-framed at play as they have been since 1667, when a sculptor memorably named Rambot put them there.

Here in the rue d'Italie is the celebrated Confiserie Brémond, maker of the town's most celebrated sweetmeat, the *calisson*, or, as the proprietary Brémond's insists, the calisson d'Aix. It is indeed one of the city's most potent symbols, quasi-

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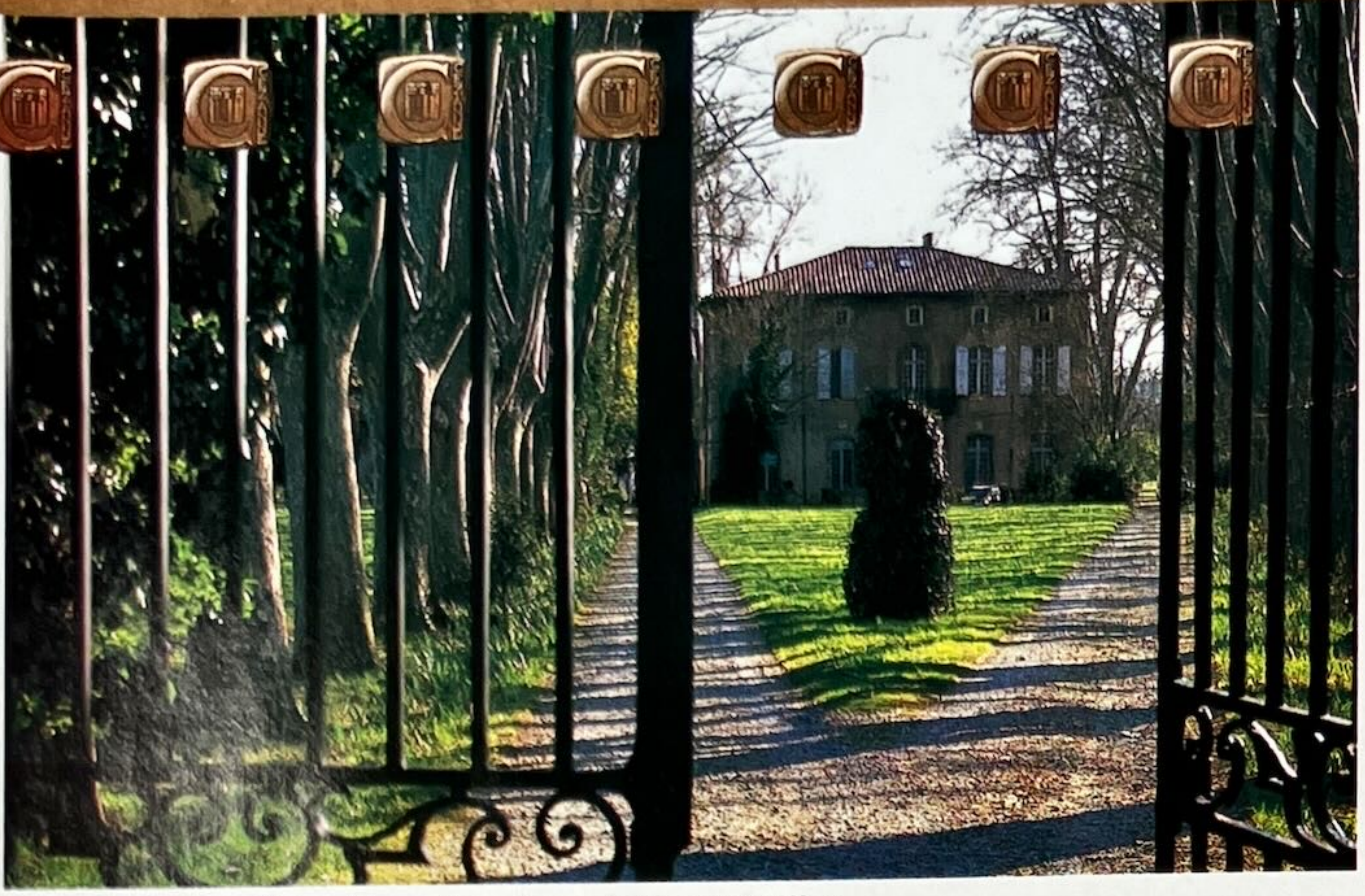

Cézanne's elegant childhood home, the estate called Jas de Bouffan.

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It is time to rest the feet again, and some serious snooping remains to be done in the quartier ancien. Retrace your steps—and those of Cézanne—to the Cours, turn in the direction of the Rond Point and the fountain and statue of Good King René and turn in, as Cézanne regularly did, to Les Deux Garçons (founded 1792). This is Aix's answer to the Parisian Deux Magots and, like it, a magnet for the town's artists, writers, intellectuals and those who like to mix with such fine folk. It has the edge on its Paris rival, though, in being both café and restaurant. It's not haute cuisine but what the French would call *correcte*, and the place offers the best plate of oysters in town.

Inside, the decor is Empire: all mirror, deep green woodwork with gilt trim and reading lights borrowed from the Orient Express. It's a place to think great thoughts, plan the novel—*write* the novel—or, on weekends, to watch the town's citizenry deal with the important matter of lunch. Order up a flute of Champagne from one of the briskly efficient garçons (there are fortunately more than two); it will set the tone for an evening of class and sparkle.

Rested and refreshed, stroll along the Cours to number 55. On its facade you can still discern the legend *Chapellerie Cézanne, gros et détail* ("Cézanne hatters, wholesale and retail"). This was the first enterprise of Paul's father, who went on to become a banker and rich enough to move the family out of town and onto the aristocratic estate called Jas de Bouffan.

Turn off the Cours northward (it is uphill all the way), and note the wall-mounted fountain bearing a bronze effigy of Cézanne. There, hard by the Law Courts, is the Church of the Madeleine where the young Cézanne was christened. A few blocks farther—art is long, life is short—at 23 rue Boulegon, is the house where he died. Just down the street is the town hall where the painter married Hortense Fiquet, who was already the mother of his child.

Turn right, and you come to the fine Cathedral of Saint-Sauveur. This was the route Cézanne took daily from his home to his studio at 9 avenue Paul Cézanne—still perfectly preserved as he left it, pipe on table, and visitable. Turn right by the (oh, no!) Sex Shop, and you are in the rue de la Violette, a good place to be, because across the road is a restaurant called Le Clos de la Violette, which is worth the detour.

A *clos* is an enclosed place, and here you push open the gate of a walled garden to discover a path. It leads through a chestnut-shaded lawn to a villa with a sunny, inviting terrace. Outside, you were just a tourist. Suddenly you are a guest at a smart party. It is the sort of approach that persuades the most flawlessly dressed man that his tie needs adjusting, the most perfectly coiffed woman that her hair needs checking.

The restaurant is the creation of

Chef Jean-Marc Banzo with his wife, Brigitte, and daughters at the couple's restaurant, Le Clos de la Violette.

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Jean-Marc Banzo, the darkly handsome, deeply Latin chef-owner and his wife, Brigitte, whose cool, soignée presence sets the tone: You may be all walked out, but this is not a place to kick off your shoes. Banzo learned his trade exclusively at Michelin-starred restaurants: Mère Guy in Lyons, Les Santons in Grimaud, Hièly-Lucullus in Avignon.

The acquired skills and his native talent have earned him his own star, and are on display in a spacious and gracious room. It is decorated in pastel blue and pink, with garden-view windows plushly draped, tablecloths snowily white, modest little pots of marigolds as decoration, chairs that are a bouquet of floral print.

First comes the almost obligatory *tapenade,* anchovy and olive spread on canapés. Next is a big, solitary cèpe, fried in olive oil and served on a bed of crisp onions and potato chips. *Then* the feast really starts. Fat langoustines, content just to be themselves in a frothy sabayon sauce. Fillets of red mullet, sea-redolent and cooked in olive oil. Banzo points out that the mullet is fresh from Marseille, delivered overnight. "That's why the skin stays on, and stays red," he says.

Served next are lambs' feet, stuffed, braised and accompanied by crusty, sage-flavored, phyllo-wrapped polenta. The witty dessert is a jumbo, Disneyland-style calisson d'Aix, softer than the original and with a *crème pâtissière.*

For someone like Banzo, who is not so much market-led as market-mad ("The place Richelme is my first garden, my herb patch"), Aix must seem close to heaven. Other towns have a market day: It is hard to find a day in Aix that is *not* a market day. When the vendors set up their stalls, town meets country in a conjunction that goes far deeper than mere commerce. The Aixois gather, debate and celebrate in a setting filled with the good things of life—the products of labor, tradition, love. Scents of thyme, mint, lavender and rosemary invade the air, and exotic, richly colored spices in huge, flat baskets amaze the eye in the place des Prêcheurs and place de la Madeleine on Tuesdays, Thursdays and Saturdays. Flowers riot on all those days and Sundays.

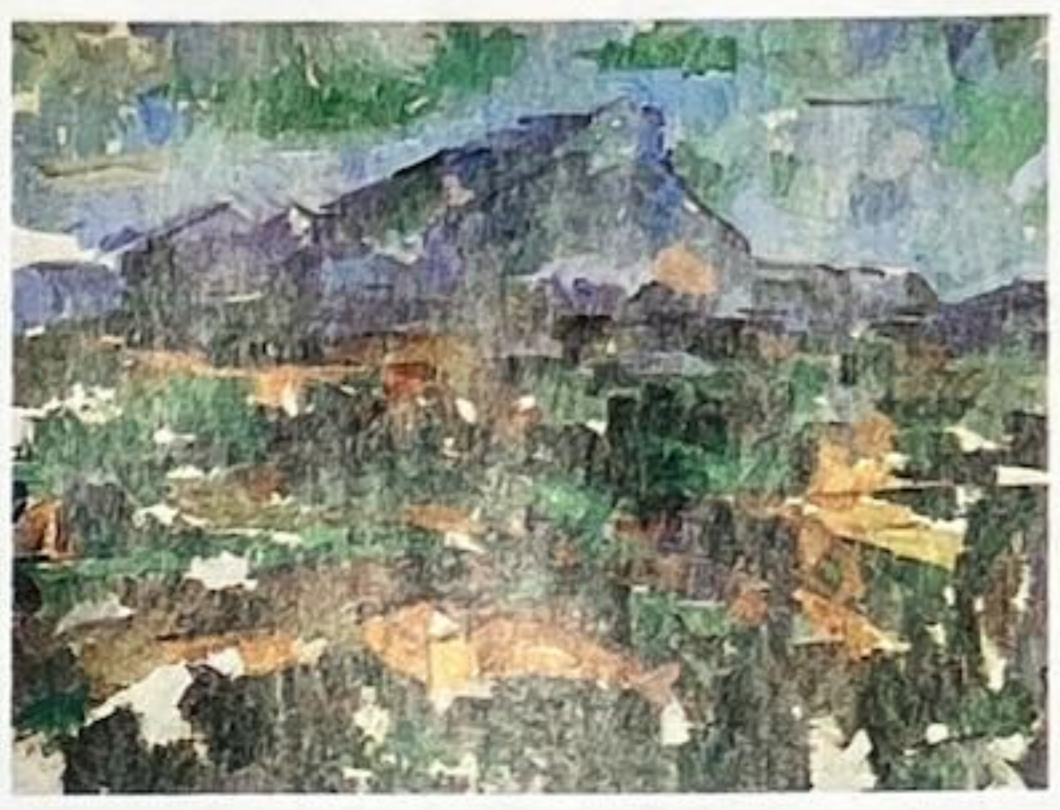
If all this is the ready-to-wear of eating and drinking, fringing the squares are the salons of culinary haute couture. Brûlerie Richelme, on the square of that name, is where the chef starts his day (breakfast with Banzo!) with a bracing espresso. At Boucherie Fassetta, Banzo orders his meat, aged to his requirements, and custom-tailored. Next door, at Au Paysan, a polished pyramid of Roseval potatoes—a candidate for world's best all-around tuber—sits near a pagoda of Chinese potatoes. Here are Cézanne's apples, posing hopefully. (Did the painter especially like apples? We do not know whether they pleased his palate, but they suited his palette, *and* they kept their fresh appearance longer than other fruit; Cézanne was not a fast worker.)

He was, though, inarguably a dedicated one. Painting was his life, and in a sense, Aix is his legacy. "Think of your future, my son," his well-meaning father wrote. "You cannot live by talent alone; money is the key to survival."

Survival? In Aix today, a hundred blue fountains are singing a song of praise to Cézanne.

A Room with a View

To see Mont Sainte-Victoire—the subject with which Cézanne is most often associated—you must head out of town, as the painter did daily. He traveled on foot, with knapsack and easel; you may prefer bike, bus or car. Take the D17, formerly the route de Tholonet, a road that leads you past red-roofed farmhouses, lone cypresses and russet soil to the stern, oh-so-familiar skewed pyramid of Mont Sainte-Victoire.



The Relais Sainte-Victoire, family-run since 1952, stands on the fertile plain at the foot of the mountain and is housed in a typically Provençal dwelling, an ocher farmhouse that is married to the landscape. Inside, all is wood paneling and beams, glass-enclosed ceramics and peaceful domesticity. The terrace window frames Mont Sainte-Victoire.

Lunch here might start with a poached egg with cream and summer truffles, followed by oyster ravioli with *chipolatas,* small, spicy sausages. And if you want to stay over in one of the air-conditioned rooms, you can swim in the pool or play a set or two of tennis. Or you could climb the mountain, which is just over a half mile high.

Chicken with Wild Mushrooms

A delicious main course from l'Amphitryon.

4 SERVINGS

1½ tablespoons olive oil
1 4-pound chicken, cut into 8 pieces
1 tablespoon minced garlic
1 pound mixed fresh wild mushrooms (such as crimini, porcini and/or stemmed shiitake), sliced
2 cups chicken stock or canned low-salt broth
⅓ cup plus 2 tablespoons chopped fresh parsley

½ cup whipping cream

Heat oil in heavy large pot over medium-high heat. Sprinkle chicken with salt and pepper. Working in batches, add chicken to pot and cook until brown, about 4 minutes per side. Transfer chicken to plate. Add garlic to pot and sauté 30 seconds. Add mushrooms; sauté until tender and brown, about 6 minutes. Return chicken to pot. Add stock and ⅓ cup parsley; bring to boil. Reduce heat, cover and simmer until chicken is cooked through, turning occasionally, about 25 minutes.

Uncover pot; boil until liquid is slightly reduced, about 8 minutes. Transfer chicken to plate. Add cream to pot and boil until liquid thickens to sauce consistency, about 6 minutes. Season with salt and pepper. Return chicken to pot; simmer 5 minutes longer. Transfer to platter. Sprinkle with 2 tablespoons parsley.

Food and wine writer Charles Hennessy is a regular contributor to the weekly newspaper The European. *He lives in London.*

PHOTOGRAPH ON THIS PAGE COURTESY OF SCALA/ART RESOURCE, NEW YORK; FOR RESERVATION INFORMATION, SEE PAGE 101.

VALLEY GARAGE
OIL
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425664
Eggs

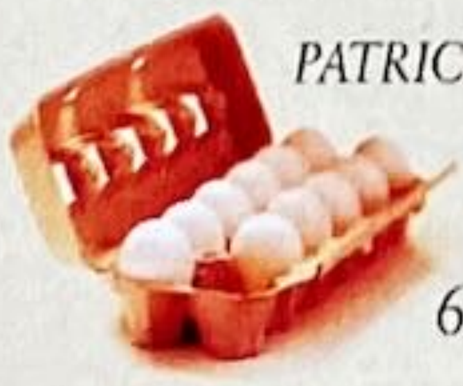
Patricia Steves and an unfortunate Saturn that met the same fate as one of her eggs.

“It even saved our groceries.”

“All right, we did lose one egg,” admit both Patricia and Roger Steves. But considering the accident they were involved in, they don't seem to mind. You see, while on the way home from the grocery store one afternoon, they were rear-ended by a pickup truck and the front of their Saturn was pushed into the car in front of them. Luckily neither Patricia nor her husband was seriously hurt. They did, however, fear the worst for their parcels since the trunk was now “trying very hard to become part of the back seat.” So you can imagine their surprise when they discovered that, with the exception of one unlucky egg, their groceries were as unharmed as they were.

THE 1997 SATURN SL1

All Saturns are built around a steel spaceframe. When an accident occurs, the front and rear sections begin to crumple and absorb energy from the impact. This helps the passenger compartment maintain its shape and structural integrity. Which, in turn, helps squash the belief that you have to spend $40,000 to feel safe.



PATRICIA STEVES' 11-EGG FRITTATA RECIPE—Ingredients: 1 cup of diced onion, 1 cup of diced green pepper, 2 cups of diced ham, 11 eggs. Sauté onions and peppers until cooked, mix in ham, divide mixture in half and keep warm. Then beat 6 of the eggs with a fork, stir in half of the filling mixture and season to taste. Pour into preheated omelet pan. Flip into another pan when bottom of the frittata is set. Cook another 1 or 2 minutes. Repeat with other half of ingredients. Serves 6.

A DIFFERENT KIND *of* COMPANY. A DIFFERENT KIND *of* CAR.

This 1997 Saturn SL1 has an M.S.R.P. of $11,995, including retailer prep and transportation. Of course, the total cost will vary seeing how options are extra, as are things like tax and license. We'd be happy to provide more detail at 1-800-522-5000 or look for us on the Internet at http://www.saturncars.com. ©1996 Saturn Corporation.

ANASAZI

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SANTA FE, NEW MEXICO

BY MARY ALICE KELLOGG
PHOTOGRAPHY BY STEPHANIE RAUSSER

AH, SANTA FE, the historic adobe town located at the end of the wagon trail of the same name. It positively glows in the crisp air of high altitude. The oldest capital city in the United States, it was a thriving trade center from its establishment in 1607. Now it is a thriving contemporary art center and a great place to visit, especially in midsummer, when the local theater, chamber music, chorus and opera festivals are in full swing and the rodeo is in town. Home to the high-heeled, the cowboy-booted and the moccasined, it is also, alas, home to the fashionably shod proponents of a style of decor that has unleashed enough carved, cast, painted and etched howling coyotes to wake the dead.

{CONTINUED ON PAGE 92}

OPPOSITE: Southwestern style distinguishes the entrance of this luxury dining spot. **ABOVE:** Spiced beef tenderloins with mango salsa are garnished with fried plantain spears to give the effect of steer horns. (Recipe is on page 94.)

Quiet, calm and comfort are the hallmarks of a dinner at the inn.

Being the mecca for aficionados of the bleached-steer-skull school of design *and* a major tourist destination means that at times the summer crush along gallery-crammed Canyon Road resembles rush hour in New York. But just a few steps away from the traffic is a haven that truly embodies the ancient essence of Santa Fe. It is the Inn of the Anasazi, which may be only six years old but has an old soul, indeed.

Named for the Native Americans who first settled in this area seven hundred years ago, the inn celebrates their culture and creative spirit in both look and feel. Sculpted stairways and sandstone walls are an evocative setting for the vibrant work of local carvers, weavers and artists. The inn's centerpiece—a three-story sandstone wall with a curtain of gently dropping water—has a meditative effect, meant to help guests relax.

And that was exactly what Robert Zimmer, former president of Rosewood Hotels, had in mind when he opened the inn in 1991. The 59-room hostelry is now managed by veteran hotelier Merry Stephen, who has worked in South America, Europe and the Middle East. But she was happy to give up her most recent career—as a consultant for clients like The Regent Hong Kong, The Lodge at Pebble Beach, the Mansion on Turtle Creek and the Hotel Bel-Air—to come to the inn. "It is a very special place," she says. "We want it to be a source of comfort, revitalization and a calm refuge."

Very special also is the inn's 96-seat restaurant. From the time it opened, it has been at the top of a long list of places to dine in Santa Fe. But over the last two years, while executive chef John Bobrick was at the helm, the establishment truly reached its zenith. (Bobrick recently departed for a teaching position at the New England Culinary Institute.)

"When I was at the inn, it was always my goal to take simple food and do unusual things with it," Bobrick says. "I loved breaking the culinary laws. I guess you might say I went beyond the boundaries of normalcy." And new executive chef Flynt Payne, who returned to the inn where he was sous chef until 1995, maintains the same high creative standards and breaks a few laws of his own along the way.

As befits a town where art reigns supreme, spectacular plate presentations have long been a hallmark of the inn's restaurant. "People eat with their eyes first, especially in Santa Fe," says one regular customer. "Food connoisseurs here expect a dish to taste good and look good."

The kitchen crew works hard to satisfy those dual expectations and succeeds deliciously and beautifully, with nary an element out of place. For example, a wild mushroom and smoked cheese tamale presented like a miniature ear of corn in the husk is adorned by green *mole* and red chili sauces and sesame-soy greens. Carrot-ginger soup is decorated with a stripe of red chili *coulis* and a dollop of green pesto. Spice-rubbed beef tenderloin accompanied by garlic, white cheddar and *chipotle* mashed potatoes is dressed up with a spoonful of vibrant mango salsa. The signature seared ahi tuna is embellished by wasabi-red chili aioli, crispy wontons, pickled ginger and a cabbage, snow pea and chili slaw.

Merry Stephen sees this artistry as a metaphor for Santa Fe's multiculturalism. "We have such a wide variety of ethnic groups here," she says. "We're not restricted, as many other cities are. We like to call Santa Fe 'The City Different,' and that's reflected in our cooking. Food here can be influenced by the cuisines of Mexicans, Texas cowboys, Native Americans…even the lunacy of Southern California reaches us. And if the mood strikes, the chef might toss in a few Asian flavors."

The spare and sophisticated backdrop for the colorful dishes is a room that, like the inn itself, is blissfully free of howling coyote decor. A triptych by Native American artist Armand Lara meanders along one wall; overhead loom pine *vigas* and *latillas*, the wooden beams and poles that decoratively support the ceilings in Santa Fe's traditional architecture. The tables themselves are individual works of art, each one hand-painted in a southwestern motif by local artist Russell Blackburn; banquettes and chairs are upholstered with handwoven Chimayo textiles. Best of all, willow-shuttered windows open up to let in the piñon-scented air that is the city's trademark.

The service here is as real as the fresh air. "In the nineties travelers want to go to a small place without a fake atmosphere or attitude," says the inn's director of food and beverage, Jacques Constant, a fourth-generation restaurateur from Annecy, France. "People come here to be comfortable, and that begins with the staff and management. We are a family here, and our job is to take care of people and make them feel at home. We treat people the way they want to be treated."

So come to the inn people do, perhaps stopping at the small bar for the best Margaritas in town and for conversation peppered with a bit of gossip before easing into the dining room's quiet hum.

On any given night, the restaurant's clientele is a typical Santa Fe mix of locals and visitors. Over here, dressed-up out-of-towners banter with the wine steward; over there, a famous resident author back from a successful meeting with her New York editors celebrates comfortably solo. At one table, a young off-the-ranch couple in plaid shirts shyly hold hands as they study the menu; at another, a recognizable face from the town's celebrity community (it could be Pierce Brosnan or Gene Hackman, to name just two) contemplates flower petals sprinkled around the Margarita Key lime pie.

Whether diners come from near or far, are well known or anonymous, order one dish and a glass of water or a multicourse meal and expensive wines, the welcome, service and cuisine are the same.

"Every time I come here, it's as wonderful as the last," says area jewelry designer Jennifer Heller, dining with friends to celebrate a recent distribution deal. She's currently tucking into perfectly grilled lamb chops with a two-tomato and mint salsa, and whipped sweet potato and green chili puree. "And every time there's something that surprises me."

Heller is not alone in her assessment of the restaurant: The place has legions of loyal fans and has garnered almost every accolade. And that would come as *no* surprise to the Pueblo medicine man, Franciscan priest and various artists who blessed the site of the Inn of the Anasazi.

The superb lemon tart has a caramelized top—just like the one on a crème brûlée. (Recipe is on page 94.)

INN OF THE ANASAZI
113 WASHINGTON AVENUE
SANTA FE, NEW MEXICO 87501
505-988-3030

Mushroom Flatbreads with Tricolor Roasted Peppers

MAKES 8

2 tablespoons (¼ stick) butter
8 ounces assorted mushrooms (such as crimini and stemmed shiitake), sliced
¾ cup chopped red onion
1 tablespoon chopped fresh sage

2½ cups all purpose flour
¾ cup nonfat dry milk powder
2½ teaspoons baking powder
1 teaspoon salt
¾ cup cold water
2½ tablespoons butter, room temperature

3 tablespoons (about) olive oil
Tricolor Roasted Peppers (see recipe)

Melt 2 tablespoons butter in heavy large skillet over medium-high heat. Add mushrooms and onion and sauté until mushrooms are tender and juices evaporate, about 9 minutes. Mix in sage. Season to taste with salt and pepper. Cool.

Combine flour, milk powder, baking powder and 1 teaspoon salt in processor. Add ¾ cup water and 2½ tablespoons butter; blend until soft sticky dough forms, about 2 minutes. Transfer dough to large bowl. Add mushroom mixture. Using hands, mix dough until well combined. Let dough stand uncovered 20 minutes.

Turn dough out onto generously floured work surface. Divide dough into 8 pieces. Roll out each piece on work surface to 6-inch round.

Preheat oven to 250°F. Heat 1 tablespoon oil in heavy large skillet over medium-high heat. Add 1 flatbread and cook until brown and cooked through, about 2 minutes per side. Transfer to baking

{RECIPE CONTINUED ON PAGE 94}

sheet; keep warm in oven. Repeat with remaining flatbreads, adding more oil to skillet as necessary. Cut breads into quarters. Serve with Tricolor Roasted Peppers.

Tricolor Roasted Peppers

Serve this with the flatbreads or on its own.

8 SERVINGS

2 red bell peppers
2 yellow bell peppers
2 green bell peppers
2 poblano chilies*

½ cup olive oil
¼ cup balsamic vinegar
3 tablespoons chopped fresh basil
2 tablespoons fresh lemon juice
2 teaspoons minced garlic

Char all peppers and chilies over gas flame or in broiler until blackened all over. Enclose in paper bag. Let stand 10 minutes. Peel and seed peppers and chilies. Cut peppers and chilies into large triangles.

Mix all remaining ingredients in large bowl. Add roasted peppers and chilies and toss. Season to taste with salt and pepper. Cover; chill at least 3 hours or overnight. Bring to room temperature.

**Fresh green chilies, often called pasillas; available at Latin American markets and some supermarkets.*

Spiced Beef Tenderloin Steaks with Mango Salsa

Garlic, White Cheddar and Chipotle Mashed Potatoes (see recipe) are a great go-with.

6 SERVINGS

SALSA

½ cup hot jalapeño jelly
3 tablespoons fresh lime juice
2½ cups chopped peeled pitted mango
1¼ cups chopped red bell pepper
¾ cup chopped red onion
⅓ cup chopped fresh cilantro
1 jalapeño chili, minced

BEEF

1 tablespoon cinnamon
1 tablespoon ground coriander
1 tablespoon sugar
1 tablespoon paprika
1½ teaspoons salt
½ teaspoon cayenne pepper
12 4-ounce beef tenderloin steaks
Olive oil

FOR SALSA: Whisk jelly and lime juice in large bowl. Mix in all remaining ingredients. Season to taste with salt and pepper. *(Can be made 2 hours ahead. Cover; chill.)*

FOR BEEF: Mix first 6 ingredients in small bowl. Brush both sides of steaks with oil. Sprinkle ½ teaspoon spice mixture over each side of each steak.

Prepare barbecue (medium-high heat). Grill steaks to desired doneness, about 2 minutes per side for medium-rare. Serve, passing salsa separately.

Garlic, White Cheddar and Chipotle Mashed Potatoes

Thirty-six garlic cloves may sound like a lot, but they're cooked until mellow in flavor.

8 TO 10 SERVINGS

36 garlic cloves
⅓ cup olive oil

5 pounds russet potatoes, peeled, cut into 1-inch pieces
2 cups (packed) grated sharp white cheddar cheese (about 8 ounces)
4 ounces cream cheese, room temperature
¼ cup (½ stick) unsalted butter, room temperature
1½ teaspoons minced canned chipotle chilies*

Preheat oven to 350°F. Toss garlic with oil in baking pan. Cover with foil; bake 30 minutes. Uncover; bake until garlic is tender, about 15 minutes. Cool; peel and chop.

Cook potatoes in large pot of boiling salted water until tender, about 25 minutes. Drain. Transfer potatoes to large bowl. Add garlic and remaining ingredients. Using electric mixer, beat mixture until smooth. Season to taste with salt and pepper. *(Can be prepared 2 hours ahead. Cover; let stand at room temperature. Rewarm, stirring constantly, before serving.)*

**Chipotle chilies canned in a spicy tomato-based sauce are available at Latin American markets, specialty foods stores and some supermarkets.*

Lemon Tart Brûlée

Chef Flynt Payne serves the tart with a custard sauce and strawberries.

8 SERVINGS

CRUST

1⅓ cups all purpose flour
2 tablespoons sugar
2 teaspoons grated lemon peel
⅛ teaspoon salt
½ cup (1 stick) chilled unsalted butter, cut into ½-inch pieces
2 tablespoons (about) cold water

FILLING

3 large eggs
½ cup plus 1 tablespoon sugar
⅓ cup whipping cream
⅓ cup fresh lemon juice
1 tablespoon grated lemon peel
Pinch of salt

FOR CRUST: Blend flour, sugar, grated lemon peel and salt in processor. Add butter; cut in using on/off turns until mixture resembles coarse meal. Mix in enough water to form dough. Turn dough out onto work surface. Gather dough into ball and flatten into disk. Wrap in plastic; refrigerate 1 hour.

Preheat oven to 400°F. Roll out dough on lightly floured surface to 13-inch round. Transfer dough to 9-inch-diameter tart pan with removable bottom. Trim dough overhang to ½ inch. Fold overhang under, pressing to form double-thick sides. Freeze crust 15 minutes.

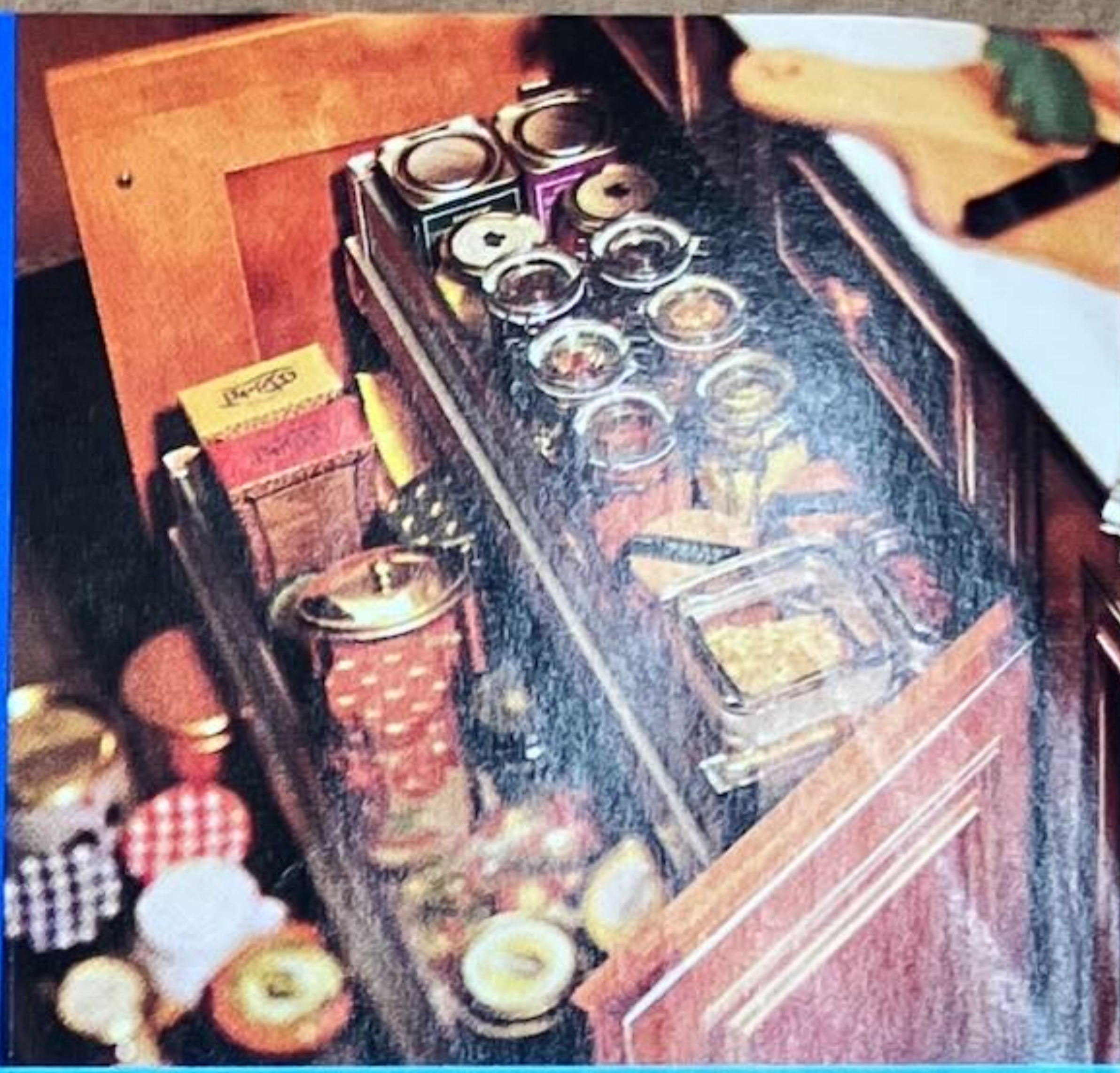
Bake crust until pale golden brown, about 20 minutes. Cool.

FOR FILLING: Whisk eggs, ½ cup sugar, cream, lemon juice, peel and salt in bowl to blend. Pour filling into crust (filling will not fill crust). Bake until set, about 25 minutes. Cool completely.

Preheat broiler. Sprinkle remaining 1 tablespoon sugar over tart. Cover sides of crust with foil to protect from heat. Broil tart until sugar caramelizes in spots, watching closely, about 3 minutes. Serve tart warm or at room temperature.

A native of the Southwest, Mary Alice Kellogg now lives in New York. She is an editor and writer whose stories have appeared in Self, Diversion *and* Glamour.

Open your cupboard and grab the first thing you see. Chances are it goes with The Other White Meat®. Because from salsa to salad dressing to pineapple to peppers, most everything cooks up great with pork. For recipes, send a self-addressed, stamped, business-size envelope to: Recipes Ad, Box 10383, Des Moines, IA 50306. Or visit our Web site at http://www.nppc.org/



If you're wondering WHAT TO COOK with pork, remember, white goes with everything.

Nutrient information per serving: Calories: 228, Protein: 27 g., Fat: 8 g., Sat. Fat: 2.5 g., Cholesterol: 66 mg., Sodium: 349 mg.
Pork Data: USDA Handbook 8-10 (1991)

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GINGER PORK STIR-FRY

1 lb. boneless pork loin, cut into ¾-inch cubes
1 T. soy sauce
1 T. vinegar
1 t. sesame oil
½ t. ginger
1 clove garlic, minced
1 T. water
1 pkg. (16 oz.) frozen stir-fry vegetables

Blend soy sauce, vinegar, oil, ginger and garlic in shallow dish. Add pork; marinate for 10 minutes. Spray large, non-stick skillet with vegetable spray. Heat skillet over medium-high heat until hot. Add pork; stir-fry for 3 minutes. Stir water and vegetables into mixture. Cover and cook 5 minutes or until vegetables are crisp-tender. Serves 4.

TASTE
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HOW TO GRILL A PIZZA

O.K., IT'S TIME to think about dinner, but in the summer, just the idea of turning on the stove—let alone the oven—leaves you less than enthusiastic. That probably means using the grill, but you've had your share of hot dogs, kebabs and barbecued chicken.

Our solution? Something unexpected—grilled pizzas. The dough is a snap to make; the pizzas are small and easy to manage; and since the sausages and colorful summer vegetables are also grilled, there's almost nothing to clean up. Plus, we splurged and added *three* kinds of cheese.

After you try this recipe once, you'll erase the local pizza joint's number from your speed dial. And who knows? You might just forget about your stove.

Grilled Rosemary-crusted Pizzas with Sausage, Bell Peppers, Onions and Cheese (Cover Recipe)

You can substitute one 10-ounce tube of refrigerated pizza dough for each of the four pizzas. If you do so, be sure to grill them over low heat to keep the dough from burning.

MAKES FOUR 8-INCH PIZZAS

DOUGH

1 cup warm water (105°F to 115°F)
1 tablespoon sugar
1 envelope dry yeast
3 tablespoons olive oil
3 cups (or more) all purpose flour
1½ teaspoons salt
1 tablespoon chopped fresh rosemary

Combine water and sugar in processor. Sprinkle yeast over; let stand until foamy, about 10 minutes. Add oil, then 3 cups flour and salt. Process until dough comes together, about 1 minute. Turn dough out onto floured work surface. Sprinkle with rosemary. Knead until dough is smooth and elastic, adding more flour by tablespoonfuls if dough is sticky, about 5 minutes. Lightly oil large bowl. Add dough; turn to coat with oil. Cover bowl with plastic, then towel. Let stand in warm draft-free area until dough doubles, about 1 hour.

Punch down dough. Knead dough in bowl until smooth, about 2 minutes.

TOPPINGS

¾ cup olive oil
6 tablespoons balsamic vinegar
3 tablespoons minced garlic
2 tablespoons chopped fresh rosemary

1 pound spicy Italian sausages
2 yellow or red bell peppers, cored, quartered lengthwise
1 large red onion, peeled, cut through root end into ½-inch-thick wedges

Whisk first 4 ingredients in medium bowl. Let vinaigrette stand 15 minutes at room temperature or refrigerate up to 2 hours.

Prepare barbecue (medium heat). Arrange sausages, peppers and onion on baking sheet. Brush with some of vinaigrette. Sprinkle with salt and pepper. Grill sausages until cooked through and peppers and onion until slightly charred and crisp-tender, turning and basting occasionally, about 12 minutes for sausages and 8 minutes for peppers and onion.

Transfer sausages and vegetables to cutting board. Cut sausages into ½-inch pieces and peppers into thin strips.

FINAL PREPARATION

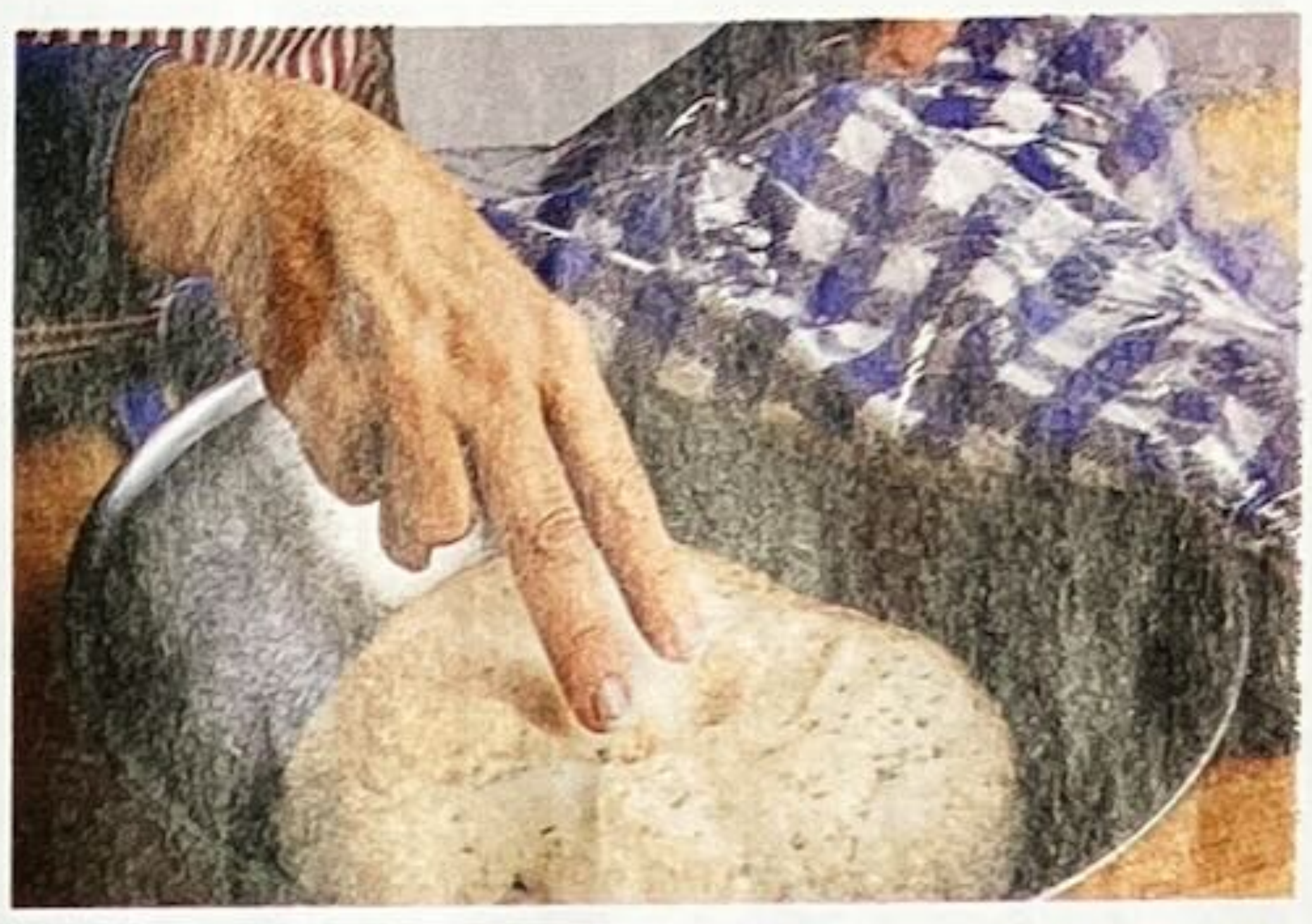
2 cups grated mozzarella cheese
½ cup freshly grated Parmesan cheese
2 cups crumbled chilled soft fresh goat cheese (such as Montrachet)
4 plum tomatoes, halved, seeded, chopped
¾ cup chopped green onion tops

Add coals to barbecue, if necessary. Divide dough into 4 equal pieces. Stretch out each piece on floured surface to 9-inch round.

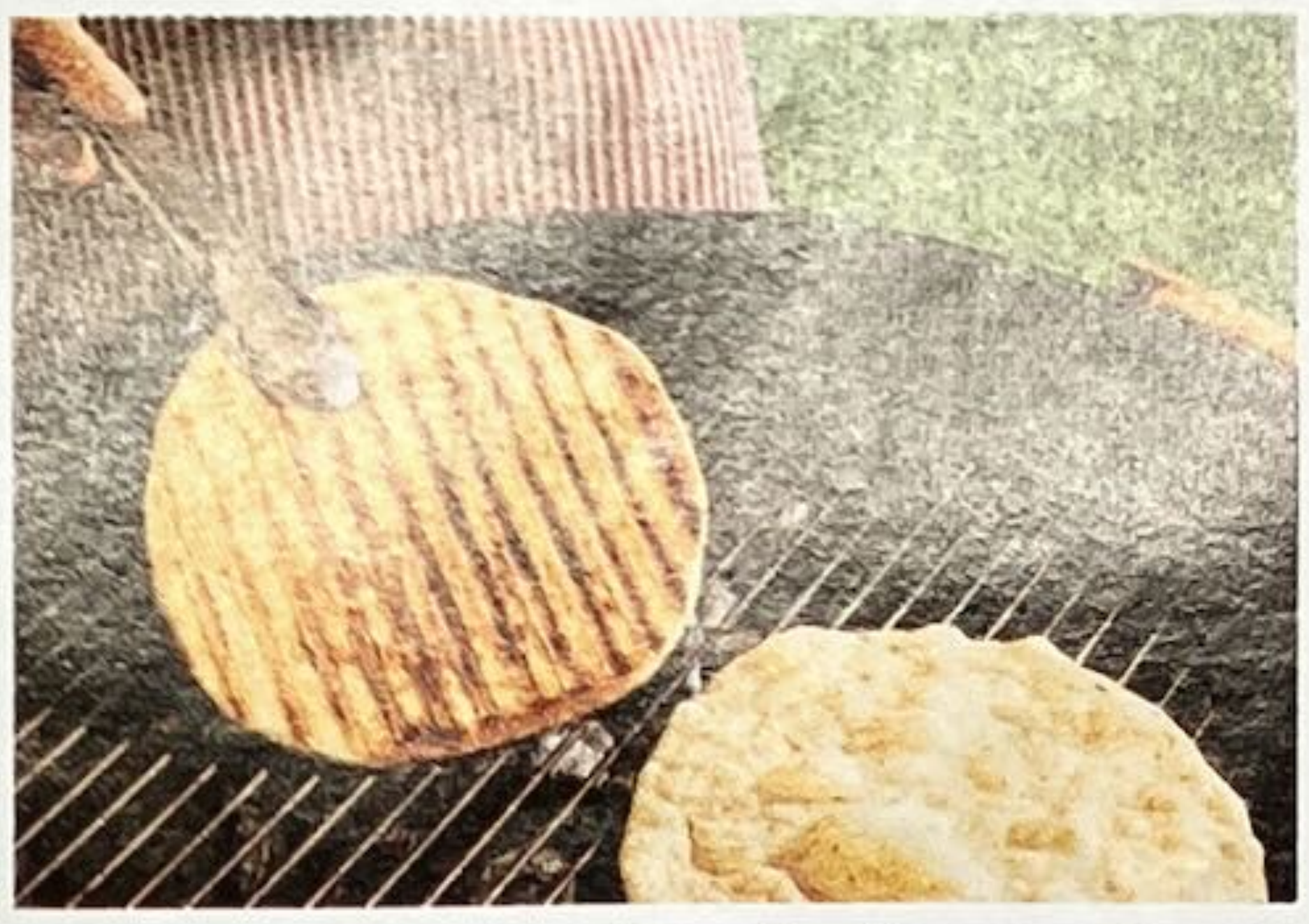
Place 2 dough rounds on grill. Grill over medium heat until top of dough puffs and underside is crisp, about 3 minutes. Turn rounds over. Grill 1 minute. Transfer to baking sheet with well-grilled side up. Repeat with remaining 2 dough rounds. Sprinkle each with ¼ of mozzarella and Parmesan. Top each with ¼ of sausage, peppers and onion, then with ¼ of goat cheese, tomatoes and green onions. Drizzle each with 1½ tablespoons vinaigrette.

Using large metal spatula, return 2 pizzas to grill. Close grill or cover pizzas loosely with foil. Grill until cheeses melt and dough is cooked through and browned, using tongs to rotate pizzas for even cooking, about 5 minutes. Transfer to plates. Repeat grilling for remaining 2 pizzas.

1. A food processor makes quick work of preparing the pizza dough. In just one minute, the ingredients are "kneaded" enough to bind together.


2. To test that the dough has risen sufficiently, push two fingers into it. The depressions should remain.

3. To prevent the dough from sticking as you stretch it into a nine-inch round, use flour sparingly; too much will result in a tough crust.


4. The first grilled side of the pizza becomes the surface that will hold the toppings. Grill each dough round until the top puffs slightly and the bottom is golden brown and crisp.

5. Use a large metal spatula to transfer the assembled pizza back to the grill for a few minutes to cook the bottom and allow the cheeses to melt.

FOR ACCESSORIES INFORMATION, SEE PAGE 101.

PHOTOGRAPHY BY BRIAN LEATART

Too Busy to Cook?

Hearty banana-oat pancakes are a simple way to get a solid start on the day.

MIMI RIPPEE

Enid, Oklahoma

A lot of people think of cooking as a chore, like vacuuming. To me, cooking is a priority, sure—but it's an *enjoyable* priority. I would love to see home-cooked meals become important once again in this country, with more emphasis on fresh ingredients and simple preparations and less on the newest convenience item or low-fat snack.

I began to feel strongly about this when I started a family. I want my two daughters to grow up healthy, and so I make an effort to prepare food that is good for them. I also try to prepare meals that are interesting enough for my husband and me, and that don't take too much time.

Even though I've turned into a kind of health advocate, I know that a good diet doesn't mean never indulging. It's just about making the most nourishing food whenever I can. I don't follow recipes to the letter, since that usually involves a last-minute trip to the store or a difficult technique. I just remind myself that we don't need anything fancy—this is home cooking, and as far as I'm concerned, there's nothing better.

Banana-Oat Pancakes

Thick, oversize pancakes that will satisfy even the hungriest eaters.

4 SERVINGS

1 cup old-fashioned oats
1 cup nonfat milk
1 cup mashed ripe bananas (about 3 medium)
2 large eggs, beaten to blend
2 tablespoons toasted wheat germ
1 teaspoon ground cinnamon
1½ cups reduced-fat (light) oat-bran pancake mix or other mixed-grain pancake mix

6 tablespoons (¾ stick) butter
Maple syrup
Berries and sliced bananas (optional)

Combine oats and milk in large bowl. Let stand until oats are soft, about 15 minutes. Mix in mashed bananas, eggs, wheat germ and cinnamon. Gradually stir in pancake mix (batter will be very thick).

Preheat oven to 250°F. Melt 2 tablespoons butter in large nonstick skillet over medium-low heat. Using generous ¼ cup batter for each pancake, drop in 4 pancakes, spacing apart. Cook pancakes until brown on bottom and some bubbles begin to break around edges, about 3 minutes. Turn pancakes over. Cook until brown on bottom and firm to touch in center, about 3 minutes (pancakes will be thick). Transfer pancakes to baking sheet; place in oven to keep warm. Repeat with remaining butter and batter in 2 more batches. Serve pancakes with syrup and, if desired, berries and bananas.

Pumpkin Dumplings

Remarkably easy and delicious dumplings that are similar to Italian gnocchi. Serve these with grilled meat or sausage.

4 SIDE-DISH SERVINGS

½ cup canned solid pack pumpkin
1 large egg
½ teaspoon salt
⅛ teaspoon grated nutmeg
⅛ teaspoon (generous) baking powder
½ cup all purpose flour

3 tablespoons butter
½ cup grated Parmesan cheese

Bring large pot of salted water to boil. Whisk pumpkin, egg, salt, nutmeg and

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Would you like to share your timesaving, previously unpublished recipes with *Bon Appétit*? Send at least three recipes with your address and telephone number to Too Busy to Cook?, *Bon Appétit*, 6300 Wilshire Boulevard, Los Angeles, CA 90048; or contact us via E-mail at: tbtc@bonappetit.com. All submissions become the property of *Bon Appétit* and will not be returned; submissions may be edited and may be published or otherwise used in any medium.

PHOTOGRAPHY BY BEATRIZ DA COSTA

baking powder in large bowl to blend. Mix in flour (dough will be soft).

Dip ½-teaspoon measuring spoon into boiling water to moisten. Scoop up generous ½ teaspoon of dough and return spoon to water, allowing dough to drop. Working in 2 batches, repeat dropping ½ teaspoonfuls of dough into water, first dipping spoon into water to moisten each time. Boil dumplings until cooked through, about 10 minutes. Using slotted spoon, transfer to colander and drain.

Melt butter in heavy large skillet over medium heat. Add dumplings. Sauté until beginning to brown, about 8 minutes. Transfer dumplings to bowl. Sprinkle with cheese and serve.

Turkey Meat Loaf with Tomato Sauce

Leftovers of this moist and flavorful meat loaf make great sandwiches.

8 SERVINGS

1 pound ground turkey
1 26-ounce jar purchased tomato pasta sauce (such as spicy red pepper or tomato-basil)
3 large eggs
1 cup coarsely grated zucchini (about 2 medium)
⅔ cup cooked white rice
½ cup low-fat large-curd cottage cheese
1 tablespoon onion powder
2 teaspoons dried thyme
1 teaspoon salt
½ teaspoon pepper

Preheat oven to 375°F. Lightly oil 9x5x3¼-inch glass loaf dish. Place ground turkey in large bowl. Add 1 cup pasta sauce and remaining ingredients. Mix well. Pack mixture into prepared dish; spread ½ cup tomato sauce over top.

Bake until meat loaf is firm to touch and has pulled away from sides of dish, and a thermometer inserted into center registers 160°F, about 1 hour 15 minutes. Let stand 5 minutes.

Heat remaining tomato sauce in small saucepan over medium heat, stirring occasionally. Cut meat loaf into thick slices. Serve with sauce.

Creamy Carrot Soup

This pretty soup could be a soothing lunch or a light dinner—and it's healthful, too.

6 TO 8 SERVINGS

5 large carrots (about 1½ pounds), peeled, cut into ½-inch pieces
3½ cups canned low-salt chicken broth
1 large onion, peeled, quartered
1¼ teaspoons chopped fresh thyme or ½ teaspoon dried
1 large bay leaf
¼ teaspoon (scant) ground allspice

¾ cup drained canned small white beans
1 cup milk

Combine carrots, broth, onion, thyme, bay leaf and allspice in large pot and bring to boil. Reduce heat, cover and simmer until carrots are tender, about 15 minutes. Remove bay leaf.

Working in batches, puree soup in blender until smooth, adding some of beans with each batch. Return soup to same pot; add milk. Stir over low heat until heated through. Season with salt and pepper and serve.

Pear and Granola Whole Wheat Muffins

Nourishing muffins that are nice for a snack or a quick breakfast.

MAKES 10

¾ cup pear nectar
2 large eggs
2 tablespoons vegetable oil
1 tablespoon fresh lemon juice
1 teaspoon grated lemon peel
1 cup whole wheat flour
1 cup all purpose flour
⅔ cup (packed) golden brown sugar

{RECIPE CONTINUED ON PAGE 100}

WARNING: FOOD PREPARATION MAY
BE HAZARDOUS TO YOUR HEALTH.
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That's why there's LYSOL® Antibacterial Kitchen Cleaner.®

You can get sick from bacteria found in some raw meats, poultry and eggs. That's why thorough cooking is important.

But it's just not enough, because E.coli bacteria can be spread to kitchen surfaces during food preparation, and then to other foods. And that's not healthy.

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Help make your kitchen a healthier place.

½ cup low-fat granola
1 tablespoon baking powder
½ teaspoon ground nutmeg
½ teaspoon salt
1¼ cups finely chopped unpeeled pear (about 1 medium)

Preheat oven to 350°F. Line ten ⅓-cup muffin cups with foil muffin papers. Whisk first 5 ingredients in large bowl to blend. Stir both flours and sugar in medium bowl until no sugar lumps remain. Mix in granola, baking powder, nutmeg and salt. Add pear; toss to coat. Stir flour mixture into egg mixture just to blend (batter will be thick). Divide among prepared muffin cups, mounding in center.

Bake muffins until golden brown and tester inserted into center comes out clean, about 20 minutes. Transfer muffins to rack and cool.

PAUL V. PUSATERI

Las Vegas, Nevada

As the general manager of a large casino-hotel, I put in long hours at work—there are always a million details to attend to. I also have two children, and being with them is very important to me.

Cooking with my kids is one thing I do to have quality time with them. I want my family to enjoy the dishes my mother prepared for me when I was growing up—she is a fabulous cook. So I've mastered a few of her basic recipes, like red sauce with sausage and basil, and meatballs with beef *and* pork, and I'm teaching my son and daughter to make them, too. We fix a huge batch on the weekend; some of it gets eaten right away, some gets put away in the freezer for meals during the week, and some actually goes to certain special guests at the hotel who ask me to bring it in for them.

Tomato-Sausage Sauce

An all-purpose red sauce that's ideal for pasta and meatballs, lasagna, cannelloni, etc.

MAKES ABOUT 8 CUPS

½ cup olive oil
2 pounds mild Italian sausages, casings removed
2 large onions, chopped
¼ cup chopped garlic
1 6-ounce can tomato paste
2 28-ounce cans Italian-style tomatoes
1 cup water
1 cup chopped fresh basil (about 4 large bunches)

Heat oil in heavy large pot over high heat. Add sausage; sauté until brown, breaking up with back of spoon, about 6 minutes. Add onions and garlic to pot; sauté until onions are translucent, about 8 minutes. Mix in tomato paste. Add tomatoes with their juices, water and basil. Bring sauce to simmer, breaking up tomatoes with back of spoon. Reduce heat to medium and simmer until sauce is thickened to desired consistency, stirring occasionally, about 45 minutes. Season with salt and pepper.

Ricotta and Red Chard Cannelloni

Paul's easy adaptation of a traditional recipe from his mother is another opportunity to enjoy her Tomato-Sausage Sauce (see recipe) when it's on hand.

6 SERVINGS

2 tablespoons olive oil
1 onion, chopped
2 tablespoons chopped garlic
¾ pound red Swiss chard (about 8 large leaves), stemmed, chopped
2 15-ounce containers ricotta cheese
2½ cups grated Parmesan cheese

1 26-ounce jar prepared tomato pasta sauce (about 3¼ cups)
12 lasagna noodles (from 1-pound package), freshly cooked

Heat oil in heavy large skillet over medium heat. Add onion and garlic; sauté until translucent, about 5 minutes. Add chard; toss until wilted and almost tender, about 3 minutes. Transfer mixture to large bowl; cool 10 minutes. Mix in ricotta and 1 cup Parmesan. Season with salt and pepper.

Spread ¾ cup sauce over bottom of 13x9x2-inch glass baking dish. Place 1 lasagna noodle on work surface. Spread ⅓ cup filling over noodle. Starting at 1 short side, roll up noodle jelly roll style. Place filled noodle, seam side down, in prepared dish. Repeat filling and rolling remaining lasagna noodles. Arrange in dish. Pour remaining sauce over cannelloni. *(Can be made 1 day ahead. Cover with plastic wrap; refrigerate. Uncover; let stand at room temperature 30 minutes before continuing.)*

Preheat oven to 350°F. Cover dish loosely with foil. Bake cannelloni until heated through, about 45 minutes. Let stand uncovered 10 minutes. Serve, passing remaining 1½ cups Parmesan.

Meatballs in Red Sauce

You can use purchased sauce here, your own homemade or the versatile Tomato-Sausage Sauce (see recipe). This is terrific over pasta.

MAKES 18

2 large slices white bread, crusts trimmed, torn into pieces
½ cup milk

1½ pounds lean ground beef
1½ pounds ground pork
2 large eggs
½ cup chopped fresh parsley
½ cup grated Parmesan cheese
2 tablespoons garlic powder
2 teaspoons salt
2 teaspoons pepper

¼ cup olive oil

2 26-ounce jars prepared tomato pasta sauce (about 6½ cups)
3 cups water

Combine bread and milk in small bowl. Let soak 10 minutes. Squeeze bread to release excess milk; discard milk.

Place beef, pork and next 6 ingredients in large bowl. Add soaked bread and mix thoroughly. Using moistened hands, shape mixture into meatballs, using about ⅓ cup for each.

Heat oil in heavy large pot over high heat. Working in batches, add meatballs to pot and brown on all sides, turning often, about 6 minutes per batch. Transfer cooked meatballs to bowl.

Pour off all but 4 tablespoons fat from pot. Add pasta sauce, water and meatballs. Simmer over medium heat until meatballs are tender and sauce thickens to desired consistency, stirring occasionally, about 1 hour.

—By Siobhan Burns and Selma Brown Morrow

ACCESSORIES IN THIS ISSUE

Cover "Bar-B-Kettle" charcoal grill by Weber; call 800-446-1071 for nearest store location.
Pages 18 through 20 "Black Flame Resistant Glove" and "Keg-a-Cue Portable Charcoal Grill" both from The Barbecue Store, 888-789-0650 or 713-789-0265.
Page 28 For ordering information, call the BBQ Hall of Flame at 713-529-1212. For more information on the Goode Company BBQ restaurant, call 713-522-2530.
Page 36 For more information on the Weingut Selbach-Oster Riesling, call 410-724-3368.
Page 44 Assorted vegetables shown in photo courtesy of Melissa's/World Variety Produce, 800-588-0151.
Pages 56 through 63 Hand-blown glass cake stand (with lemon-lime ring) by Art Reed from Barton-Sharpe, 212-925-9562. "Variations" dessert plates (with torte slice) by Puiforcat from Cardel, 212-753-8880. "Chinon" spoons by Pavillon Christofle; call 800-799-6886 for nearest store location. "Loop" napkins from Archipelago; call 212-334-9460 for nearest store location.
Pages 64 through 66 "Cascade" and "Silver Hearts" flatware both by Trupco; call 800-551-2649 for nearest store location.
Pages 96–97 "Bar-B-Kettle" charcoal grill by Weber (see above).
All other items are privately owned.

PLATTER MATTERS: SOURCES AND PRICES

Pages 74–75 Orange opaque glass platter ($102) from Tutto Toscano, 310-576-2515. Hand-painted leaf platter ($250) by Margarita Carreras from Bloomingdale's, 212-705-2000. "Corn" platter ($82) by Barbara Eigen and "Palm Tree" platter ($150) by Pastis & Co., both from Kitchen Classics, 800-251-2421. "Sicilia" oval platter ($135) by Cottura, 800-348-6608. Aluminum platter ($55) from The Wave Series from The L.S Collection, 800-547-7557. "Forma" platter ($68) by Cyclamen Studio, 510-843-4691.
Listed prices are approximate.

TRAVEL PLANNER: FINGER LAKES AND AIX-EN-PROVENCE

Pages 76 through 80 **Reading House**, 4610 Route 14, Rock Stream, NY 14878; 607-535-9785. **Three Seasons Restaurant**, 2770 County Road 128, Romulus, NY 14541; 607-869-9271, fax 607-869-3212. **Knapp Vineyards**, 2770 County Road 128, Romulus, NY 14541; 607-869-9271, fax 607-869-3212. **Women's Rights National Historical Park**, 136 Fall Street, Seneca Falls, NY 13148; 315-568-2991, fax 315-568-2141. **Geneva On the Lake**, 1001 Lochland Road, Geneva, NY 14456; 315-789-7190 or 800-343-6382, fax 315-789-0322. **Seneca Falls Historical Society**, 55 Cayuga Street, Seneca Falls, NY 13148; 315-568-8412. **Connie's Diner**, 205 East Main, Waterloo, NY 13165; 315-539-9556. **Victor Grilling Co.**, 75 Coville Street, Victor, NY 14564; 716-924-1760. **Keuka Overlook Inn**, 5777 Old Bath Road, Dundee, NY 14837; 607-292-6877. **The Windmill**, 3900 Route 14A, Penn Yan, NY 14527; 315-536-3032, fax 315-536-0012. **Valhalla**, 3900 Route 14A, Building 3, Penn Yan, NY 14527; 315-536-7963. **Ithaca Farmers' Market**, Steamboat Landing, P.O. Box 6575, Ithaca, NY 14850; 607-273-7109. **Just a Taste**, 116 North Aurora Street, Ithaca, NY 14850; 607-277-9463. **Coyote Loco**, 1876 Judd Falls Road, Ithaca, NY 14850; 607-277-2806. **Trattoria Tre Stella**, 120 Third Street, Ithaca, NY 14850; 607-273-8515. **Renée's Bistro**, 202 East Falls Street, Ithaca, NY 14850; 607-272-0656. **Fox Run Vineyards**, 670 Route 14, Penn Yan, NY 14527; 315-536-4616 or 800-636-9786. **Anthony Road Wine Company**, 1225 Anthony Road, Penn Yan, NY 14527; 315-536-2182. **Lakewood Vineyards**, 4024 Route 14, Watkins Glen, NY 14891; 607-535-9252. **Hermann J. Wiemer Vineyard**, Route 14, Box 38, Dundee, NY 14837; 607-243-7971. **Lamoreaux Landing Wine Cellars**, 9224 Route 414, Lodi, NY 14860; 607-582-6011, fax 607-582-6010.
Pages 82 through 87 When calling Aix-en-Provence from the United States, dial 011-33-442 before the telephone or fax number. **Hotel des Augustins**, 3 rue de la Masse, 13100; 27-28-59, fax 26-74-87. **l'Amphitryon**, 2/4 rue Paul Doumer, 13100; 26-54-10. **Confiserie Brémond**, 16 rue d'Italie, 13100; 27-36-25. **Les Deux Garçons**, 53 Cours Mirabeau, 13100; 26-00-51. **Le Clos de la Violette**, 10 avenue de la Violette, 13100; 23-30-71, fax 21-93-03. **Relais Sainte-Victoire**, 13100 Beaurecueil; 66-94-98, fax 66-85-96.

30-Minute Main Courses

Grilled game hen with exotic spices and couscous combines special-occasion style with weeknight ease.

PHOTOGRAPHY BY MAURA MCEVOY

Recipes

Grilled Game Hen with Moroccan Spices

Grilled Halibut with Warm Tomato Compote

Grilled Tofu and Vegetable Pita Pockets

Grilled Bratwurst and Onion Open-Face Sandwiches

By Melanie Barnard and Brooke Dojny

BETWEEN THE TWO OF US, we own four charcoal grills, three gas grills and three smokers. Obviously, we are bona fide, spatula-wielding grilling fanatics.

And we have passed on that enthusiasm to our children. Our grown kids live on their own in modest digs that may or may not accommodate their secondhand sofas, but that always have room out back for their shiny new grills. The kids haven't absorbed everything else we've tried to teach them (like learning to use the local Laundromat), but they do practice what we've taught them about grilling.

We told them that grilling was a wonderful way to make simple food interesting. They learned that you could make a whole meal without ever setting foot in the kitchen, and they quickly saw the advantages of cutting their dish washing to a spatula and a plate. They also learned that the best way to a new date's heart was to show a domestic side, and that a night in the back yard—with a couple of steaks or a shared shish kebab—is more romantic (and much cheaper) than a night on the town. Plus, the food always tastes great.

In honor of our kids, who have learned their lessons so well, we have devised a few new recipes for them—and for all the rest of you who want to stay out of the kitchen, skip the washing up and impress your guests without breaking your food or time budget.

A large game hen is perfect for an elegant little meal for two, especially when it's quartered and rubbed with an exotic mix of spices. Bratwurst is several cuts above an ordinary hot dog, and when grilled along with onion slices and then served atop toasted rye bread, it takes on a sophisticated quality that belies its humble origins. Marinated tofu develops character during grilling and, combined with grilled vegetables sparked with fresh mint, makes a terrific filling for a pita sandwich. And a summery tomato compote is an ideal way to dress up grilled halibut.

Whether your grill is on a back-yard patio (as ours is) or the back stoop of a row house (where our kids put theirs), take our advice and use the outdoors as an alternative kitchen. You might not go back inside all summer.

Grilled Game Hen with Moroccan Spices

Steam broccoli spears, then grill them alongside the hen. Couscous and a cucumber and yogurt salad complete the main course. For dessert, sprinkle raspberries and sliced nectarines with some sugar and a few toasted almonds.

2 SERVINGS; CAN BE DOUBLED

½ teaspoon curry powder
½ teaspoon ground coriander
½ teaspoon ground cumin

¼ teaspoon cayenne pepper
2 teaspoons minced garlic, mashed to paste

1 large Cornish game hen (about 1½ pounds), quartered

Prepare barbecue (medium-high heat). Stir curry powder, coriander, cumin and cayenne in heavy small skillet over medium-low heat until fragrant, about 1 minute. Remove from heat. Add garlic to skillet; mix into spices.

Using fingertips, loosen skin of game hen pieces. Rub spice paste onto meat under skin. Sprinkle outside of pieces with salt and pepper.

Place hen pieces on grill. Cover with foil and grill 10 minutes. Uncover; turn pieces over. Cover and continue to grill until golden brown, cooked through and juices run clear when hen is pierced with small knife, turning occasionally, about 10 minutes for breast pieces and 15 minutes for leg-thigh pieces. Serve hot or at room temperature.

Grilled Halibut with Warm Tomato Compote

If you would rather use swordfish or sea bass, by all means do. Whatever the choice, grill some zucchini that have been quartered lengthwise, and toss egg noodles with butter and fresh black pepper. Then finish the meal with sliced strawberries topped with sour cream and brown sugar.

2 SERVINGS; CAN BE DOUBLED

1½ tablespoons butter
2 6- to 7-ounce halibut fillets (each about 1 inch thick)
2 tablespoons chopped shallots
1 cup chopped plum tomatoes (about 5 ounces)
3 tablespoons dry white wine
1 tablespoon (packed) chopped fresh tarragon or 1 teaspoon dried

Prepare barbecue (medium-high heat). Melt butter in heavy medium skillet. Brush fish on both sides with half of butter. Sprinkle fish with salt and pepper. Add shallots to butter remaining in skillet. Cook over high heat 1 minute. Add tomatoes to skillet and cook until juices evaporate, stirring occasionally, about 2 minutes. Add wine and tarragon and boil until compote is thick, about 1 minute. Remove from heat; season with salt and pepper. Cover with foil and keep warm.

Grill fish until just opaque in center, about 4 minutes per side. Transfer to plates. Spoon compote alongside fish.

Grilled Tofu and Vegetable Pita Pockets

Purchased tabbouleh spooned onto whole romaine lettuce leaves is ideal with these Mediterranean-inspired sandwiches. Follow with baklava and fresh grapes.

2 SERVINGS; CAN BE DOUBLED

½ cup bottled Italian dressing
3 tablespoons finely chopped fresh mint
4 ¾-inch-thick slices firm tofu (from 14-ounce package), drained well on several paper towels
2 medium-size green bell peppers, quartered lengthwise, seeded
8 green onions, all but 3 inches of green tops trimmed

2 7-inch-diameter pita breads, cut in half crosswise

½ cup crumbled feta cheese (about 2 ounces)

Prepare barbecue (medium heat). Whisk dressing and mint in small bowl to blend. Arrange tofu, bell peppers and green onions on small platter; brush with some of dressing mixture.

Wrap pita bread in foil; place at edge of grill to warm through. Grill vegetables and tofu until lightly charred and heated through, occasionally turning and brushing with some dressing mixture, about 8 minutes for vegetables and 5 minutes for tofu.

Cut tofu and peppers into ½-inch pieces. Fill each pita half with ¼ of tofu and peppers. Top each with 2 green onions and ¼ of feta cheese. Drizzle with any remaining dressing mixture and serve.

Grilled Bratwurst and Onion Open-Face Sandwiches

A spinach salad with cherry tomatoes, toasted walnuts and lemon vinaigrette is a fine accompaniment, along with potato salad from the deli. Buy a fresh peach pie, and you're all set.

2 SERVINGS; CAN BE DOUBLED

¼ cup beer
3 tablespoons coarse-grained Dijon mustard
1 tablespoon vegetable oil
1 tablespoon chopped fresh thyme or 1 teaspoon dried
3 ½-inch-thick red onion slices

4 links fully cooked bratwurst (about 10 ounces), halved lengthwise
2 slices caraway rye bread (each about 3x5 inches)

Prepare barbecue (medium heat). Whisk beer, mustard, oil and thyme in small bowl to blend. Brush both sides of onion slices with some of mustard dressing, being careful to keep slices intact.

Grill onion and bratwurst until onion is tender and slightly charred at edges and bratwurst is golden brown, turning twice, about 10 minutes for onion and 6 minutes for bratwurst. Grill bread until lightly toasted, about 1 minute per side.

Place toasted bread on plates. Brush with some of mustard dressing. Top bread with bratwurst; separate onion slices into rings and arrange over bratwurst. Drizzle remaining mustard dressing over onions and serve.

A Lighter Side of Coleslaw

Taking the calories and fat out of a terrific summer standby

By Marie Simmons

PHOTOGRAPHY BY FRANCE RUFFENACH

Not traditional and not fattening: Bold flavors star in an Italian-style cabbage salad.

Recipes

Italian-Style Cabbage Salad

Savoy Cabbage and Lemon Slaw

Apple and Raisin Slaw

Celery Seed Coleslaw

AS SOON AS SOMEONE SAYS *COLESLAW,* I see a plate of barbecued ribs, chicken cooked on the grill, juicy hamburgers and plump hot dogs. Next I see me, sitting outside, enjoying it all.

But what about eating right? As far as I'm concerned, something like barbecued ribs has to be an occasional indulgence. And trying to put a healthful slant on the other satisfying foods of summer is a challenge. But it can be done.

{CONTINUED ON PAGE 106}

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Fortunately, when it comes to coleslaw, the challenge isn't all that great. It just takes a little creativity.

The cabbage is no problem. It's low in calories and an excellent source of vitamin C and dietary fiber. As a member of the cruciferous family of vegetables, it contains compounds called indoles, which appear to lower the risk of certain types of cancers.

So far, so good.

Then we come to the dressing. Typically, coleslaw is prepared with mayonnaise, heavy cream or a cooked egg dressing. Not so good.

But in these four recipes, I replaced such high-fat ingredients with low-fat buttermilk, low-fat mayonnaise, nonfat yogurt and a lighter-than-usual vinaigrette. I also varied the types of cabbages to give each slaw a different look, taste and texture. (To make life easier, pick up one of those convenient bags of sliced cabbage available in many produce sections.)

The lemon slaw is made with crinkly savoy cabbage whose mild flavor complements the delicate taste of the lemon and the tang of the buttermilk dressing. Celery seed slaw uses green cabbage tossed with low-fat mayonnaise that's zipped up with a little cider vinegar and some celery seeds.

Both red and green cabbages are in the apple and raisin slaw, along with carrots and sunflower seeds for crunch; the fruit has a natural sweetness that mellows the sharpness of the yogurt in the dressing. The most colorful—and least traditional—in this collection is an Italian inspiration made with thinly sliced red cabbage mixed with capers and a red-wine vinaigrette.

Any combination of cabbages—red, green, savoy and Napa—can be used in any of these recipes, making the possibilities virtually endless. Enjoy these lighter variations on the coleslaw theme all summer long—even with a plate of barbecued ribs once in a while.

Italian-Style Cabbage Salad

Add canned white tuna (packed in water) for a delicious main course.

6 SERVINGS

8 cups thinly sliced red cabbage (about ½ large head)
¼ cup chopped Italian parsley
2 tablespoons drained capers

2 tablespoons olive oil (preferably extra-virgin)
2 tablespoons red wine vinegar
2 tablespoons water
1 tablespoon minced garlic

Combine red cabbage, parsley and capers in large bowl.

Whisk oil, vinegar, 2 tablespoons water and garlic in small bowl to blend. Add to cabbage mixture and toss to blend. Season to taste with salt and pepper. *(Can be prepared up to 3 hours ahead. Cover and refrigerate.)*

PER SERVING: calories, 75; total fat, 5 g; saturated fat, 1 g; cholesterol, 0

Savoy Cabbage and Lemon Slaw

For a nice variation, try making this one with Napa cabbage.

8 SERVINGS

8 cups finely sliced savoy cabbage (about 1¼ pounds)
½ cup chopped fresh basil

½ cup low-fat (2%) buttermilk
½ cup low-fat mayonnaise
¼ cup grated onion
1 tablespoon fresh lemon juice
1½ teaspoons grated lemon peel
1 teaspoon chopped fresh thyme or ½ teaspoon dried

Combine cabbage and basil in large bowl.

Whisk buttermilk, mayonnaise, grated onion, lemon juice, lemon peel and thyme in small bowl to blend. Add dressing to cabbage mixture; toss to coat. Season to taste with salt and pepper. *(Can be prepared 3 hours ahead. Cover; refrigerate.)*

PER SERVING: calories, 51; total fat, 2 g; saturated fat, 0.5 g; cholesterol, 8 mg

Apple and Raisin Slaw

An interesting and slightly sweet salad that's great with sandwiches, burgers and grilled chicken.

12 SERVINGS

5 cups coarsely chopped red cabbage (about ½ medium head)
5 cups coarsely chopped green cabbage (about ½ medium head)
1 cup coarsely grated carrots (about 2 medium)
1 large tart green apple (such as Granny Smith), cored, coarsely chopped
½ cup raisins
½ cup raw unsalted sunflower seeds, toasted

1½ cups plain nonfat yogurt
½ cup chopped fresh dill or 3 tablespoons dried dillweed
2 tablespoons vegetable oil
2 tablespoons apple cider vinegar

Combine cabbages, carrots, apple, raisins and sunflower seeds in very large bowl.

Whisk yogurt, dill, vegetable oil and vinegar in medium bowl to blend. Add dressing to cabbage mixture and toss to coat. Season to taste with salt and pepper. *(Can be prepared 3 hours ahead. Cover and refrigerate.)*

PER SERVING: calories, 111; total fat, 5 g; saturated fat, 1 g; cholesterol, 0

Celery Seed Coleslaw

This pretty slaw with a celery seed and cider vinegar dressing is perfect for a Fourth of July picnic.

6 SERVINGS

8 cups thinly sliced green cabbage (about ½ large head)
⅔ cup thinly sliced green onions
½ cup finely chopped carrot
½ cup chopped green bell pepper

½ cup low-fat mayonnaise
2 tablespoons apple cider vinegar
1 teaspoon celery seeds

Combine cabbage, green onions, carrot and bell pepper in large bowl.

Whisk mayonnaise, apple cider vinegar and celery seeds in small bowl to blend. Add dressing to cabbage mixture and toss to coat. Season to taste with salt and pepper. *(Can be prepared 3 hours ahead. Cover and refrigerate.)*

PER SERVING: calories, 66; total fat, 3 g; saturated fat, 1 g; cholesterol, 10 mg

DIETWATCH

Surf before Turf

If your picnics and back-yard feasts are dominated by red meat, there are other options. Seafood is a heart-healthy alternative that takes to the grill just as well as any steak, chop or burger. And the evidence suggests that you need only a couple of fish meals per week to reel in the nutritional benefits.

Many popular varieties of finfish, like snapper and striped bass, contain plenty of B vitamins, iron and zinc. Most fish are naturally low in fat, too—even fattier swimmers, such as mackerel, tuna and salmon, have less fat and fewer calories than comparable portions of beef. Plus, fish are rich in omega-3 fatty acids, which lower triglyceride levels and help prevent heart attacks; these fatty acids also thin the blood, inhibiting blood clots; and they may yet prove to be potent cancer fighters.

If you feel like throwing another shrimp on the barbie, that's O.K., too. Many types of shellfish—including clams, crab, scallops *and* shrimp—are also rich in omega-3 fatty acids, as well as low in saturated fat and lower in cholesterol than was once thought.

Incidentally, a few studies have suggested that taking fish-oil supplements may provide nutritional benefits similar to those derived from eating fish, but the capsules don't taste half as good as the genuine article—and they tend to melt quickly on the grill.

Good Puddings

Kozy Shack puddings are all-natural, ready-to-eat desserts that, at 140 or fewer calories, won't compromise a healthful diet. The tapioca, rice and French vanilla puddings are low in fat and cholesterol, and each is a good source of calcium. The puddings are sold in supermarkets and some specialty foods stores.

Vine and Dandy

"Tomatoes are lusty enough, yet there runs through tomatoes an undercurrent of frivolity." The fruit that inspired novelist Tom Robbins to write that line in tribute has now inspired some other tomato fans to start a bimonthly newsletter called *The Tomato Club*. Since each issue passes along serious advice for raising healthy plants, readers are sure to reap all the possible cancer-fighting benefits from this vitamin C-rich summer fruit.

But there is also a lighthearted side, as evidenced by reports from tomato festivals across the country, an occasional poem and the annual "Most Unusual Looking Tomato" photo contest. (Hurry—the deadline is October 15.) A one-year subscription is $15.95; call 201-488-2231, or write to *The Tomato Club* at P.O. Box 418, Bogota, NJ 07603.

Nondairy Choices

Whether you're lactose intolerant or trying to cut down on cholesterol, avoiding dairy products isn't easy. And if you *have* managed to stay away from dairy, you might not be getting enough calcium. In *366 Simply Delicious Dairy-Free Recipes* (Plume, 1997, $14.95), author Robin Robertson points out that calcium is also abundant in tofu, nuts and many vegetables, and she proves that there are dairy alternatives that work well in food preparation. For example, she uses rice, soy products, nuts and fruit in place of milk, cheese, butter and eggs for creamy soups and main dishes like tomato chickpea casserole and pizza *provençale*.

Faux Guacamole

Raw veggies are refreshing to eat during hot summer months, and nutritious treats at any time of year. But the high-fat and high-calorie dips they're often served with can sabotage these healthful snacks. Broccamole, from Mann Packing Company, is a fat-free, low-calorie dip made with delicious and good-for-you ingredients—and with no high-fat avocado. The creamy blend of nonfat mayonnaise, broccoli, tomatoes, garlic and mild green chilies has only ten calories in a two-tablespoon serving and is an excellent source of vitamin C. There is also a spicy variety, which is ideal for tacos, baked potatoes and baked tortilla chips. Broccamole is available in supermarkets.

A Better Batch of Biscotti

Many purchased biscotti include ample amounts of butter or oil. But these crunchy Italian cookies can be made without either and still retain their appealing taste and texture. Santa Barbara Biscotti Company specializes in low-fat biscotti with flavors like anise-almond, cinnamon-honey-almond, and pecan praline. Even the chocolate-dipped ones with macadamia nuts have less than three grams of fat per cookie. Each selection is also low in sodium, low in cholesterol and preservative-free. The biscotti can be found in large department stores nationwide or ordered by calling, toll-free, 888-800-8600.

—*By Anthony Head*

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JULY MENU GUIDE

Here are some suggestions for special parties and weekday menus based on the recipes in this issue.

FOURTH OF JULY BARBECUE

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Pear and Granola Whole Wheat Muffins	99
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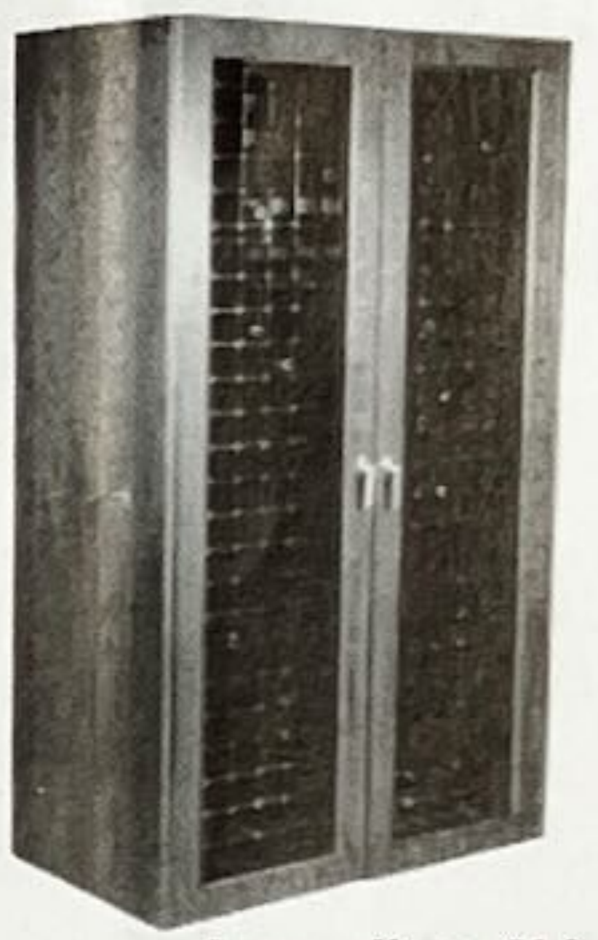

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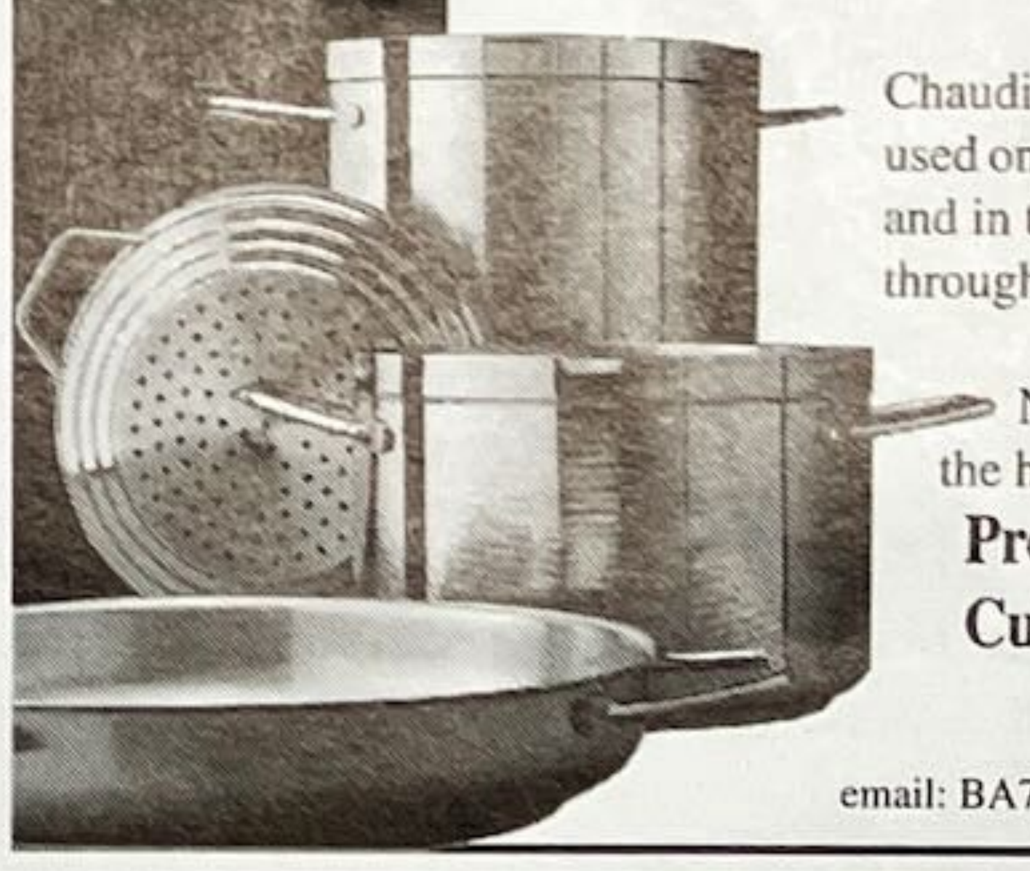

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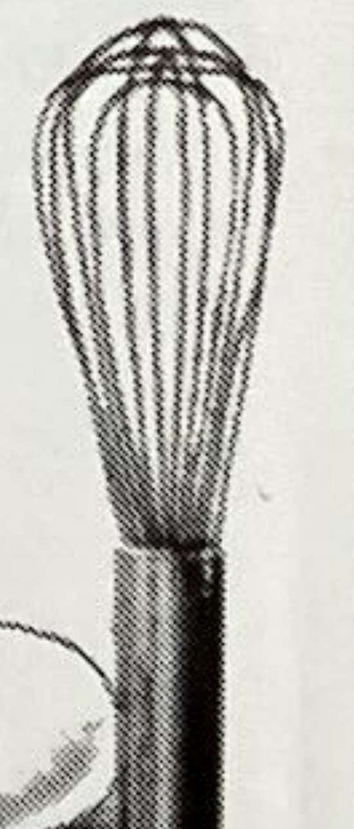

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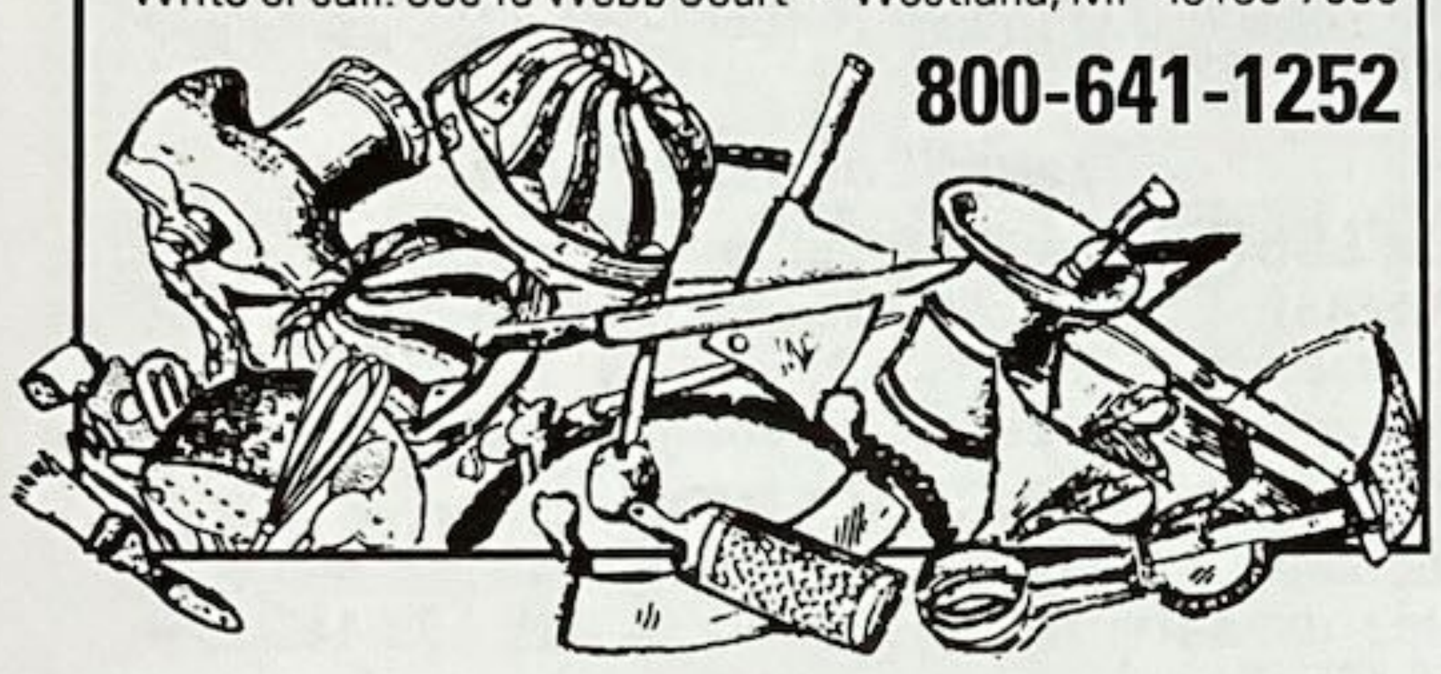

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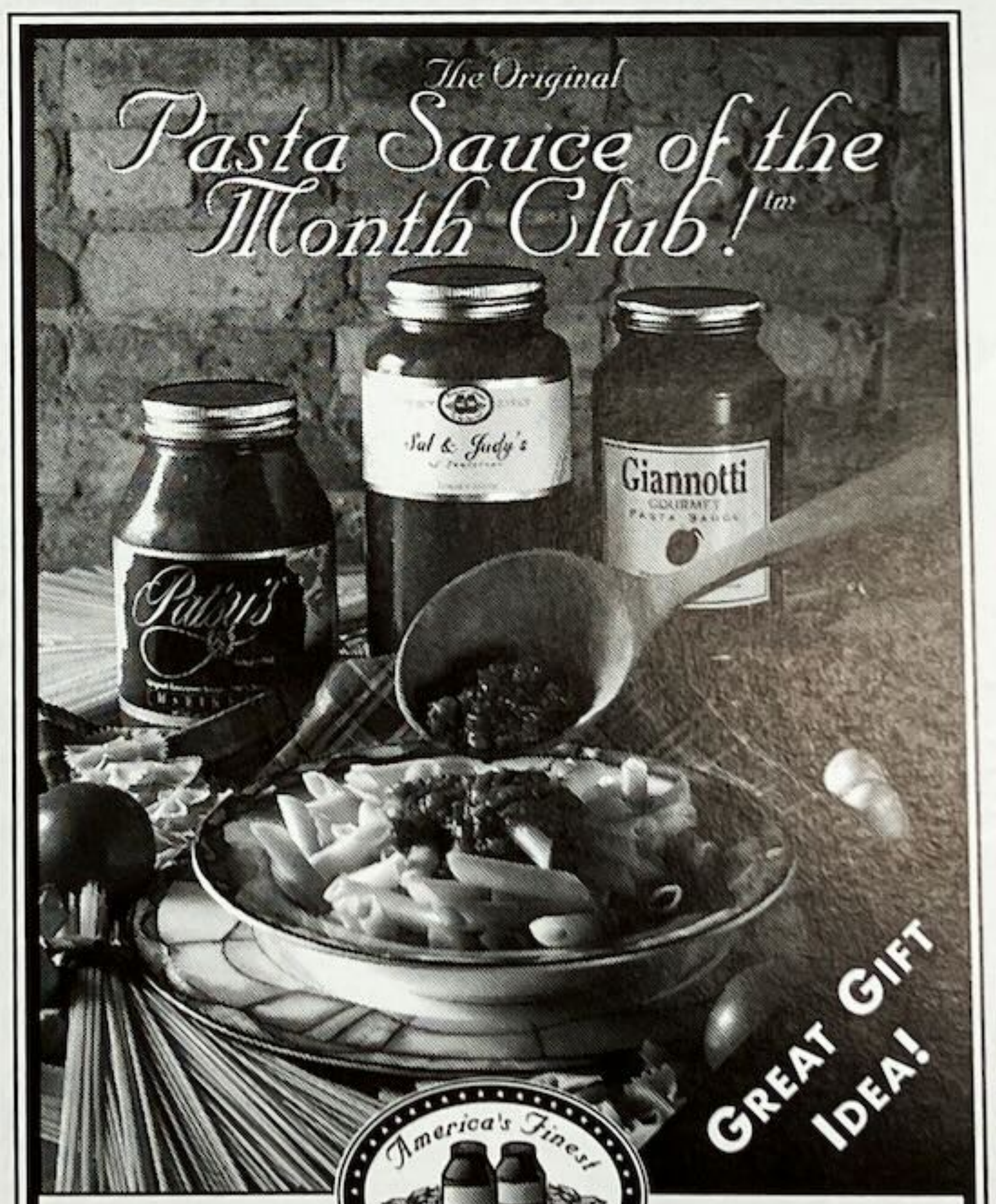

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Richard Petty

So what kind of things did a boy in Randleman, North Carolina, eat as a kid?

We ate just plain ol' beans and taters. My mother never made a lot of exotic stuff. My favorite meal was—and is—pinto beans and onions and corn bread and a glass of milk.

We hear a lot about North Carolina barbecue. What can you tell us about it?

In North Carolina, we have three different kinds of barbecue. We've got "down east," where they put a lot of tomatoes in the sauce. When you go on west, you get a lot of mustard in the sauce. Here we do "Lexington" barbecue, which is more of a vinegar-based deal. Basically, the meat is cooked the same way no matter where you are. What makes the difference is what you put in the sauce and how you handle it—whether you marinate the meat in it or just throw the sauce on the meat as you put it on the fire.

Was there anything special that you ate before a race?

Nope. I'd eat whatever it took. My idea of eating is that I eat just enough to load my tank. It's like going to a service station, you know what I mean? So it didn't make any difference to me whether it was crackers and peanut butter or steak and lobster, as long as my tank was full. What I'd do was eat a lot of things like spaghetti and stuff a day or two before the race, and take on a lot of fluids.

Which speedways have the best food?

A racetrack is no place to eat. It's a stadium. You can get a hot dog, and that's about it.

If you could invite any three NASCAR drivers to dinner, who would they be?

I'd probably go with some of the boys that I used to race with, like David Pearson, Cale Yarborough and my son, Kyle—because he'd be sure to keep everything stirred up good. I'd invite these guys because they were some of my best competition and we could talk about some of those fights and stuff we had.

Do you have a secret culinary indulgence?

Not that I know of. I mean, I don't eat anything I'm ashamed of.

Before retiring, this stock-car-racing legend piled up two hundred victories—a record that stands today. Petty can still be found at the track, though, supervising the team he co-owns. That one features his son, Kyle, in the driver's seat.

INTERVIEW BY GREGG STEBBEN; PHOTOGRAPHY BY KEITH LANPHER

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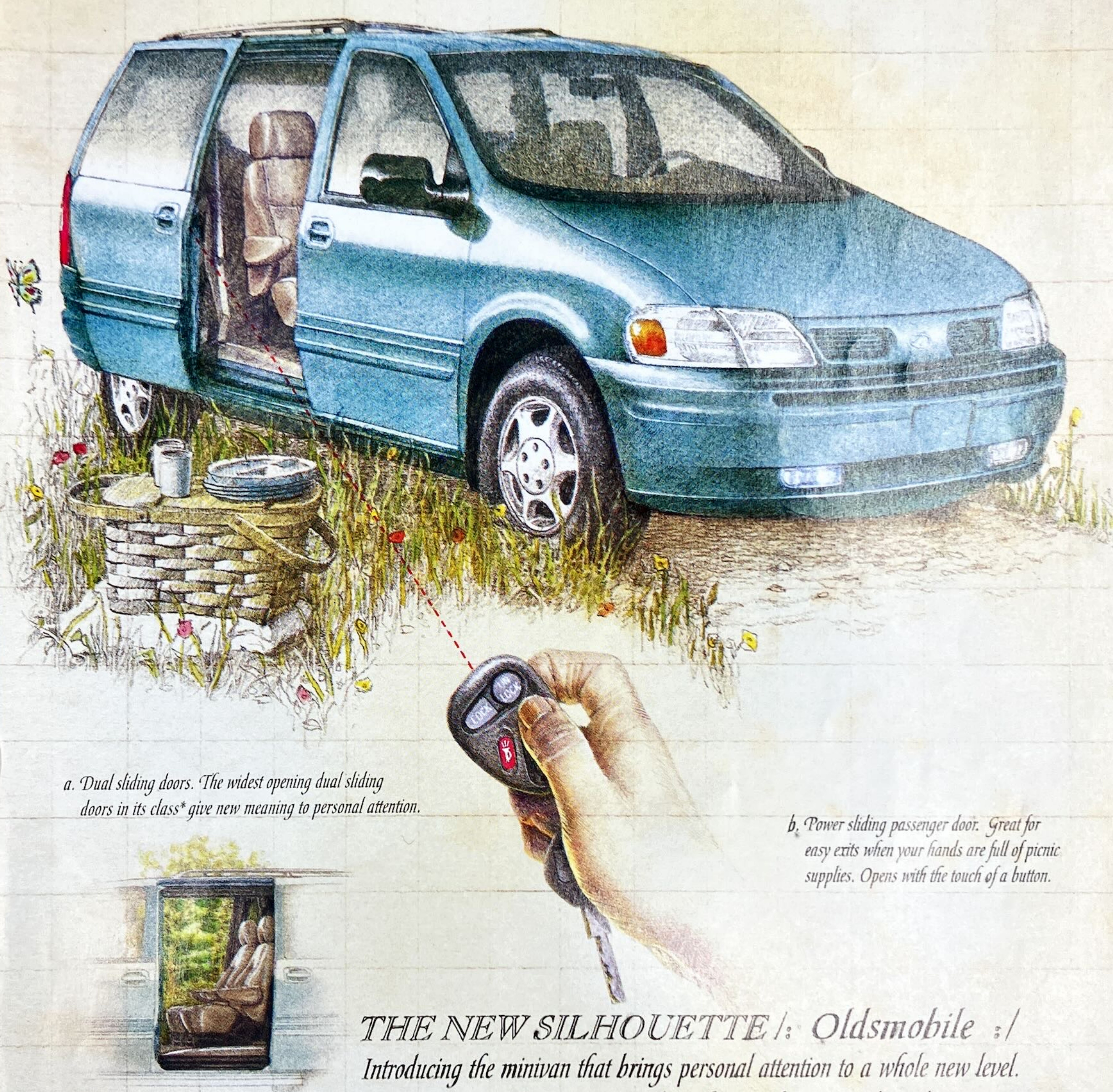

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